

TRAIN

Strengthen attention in five weeks.

For children
3–8 years



What is TRAIN?

TRAIN is a digital attention training app for children aged 3–8 years. It has been developed to help give your child a head start with their attention and academic skills.

TRAIN's cognitive attention tasks help train the mental processes that allow us to learn and understand from our experiences.

TRAIN has been shown to:

- ⊗ Improve attention and numeracy^{1,2}
- ⊗ Reduce impulsive and hyperactive behaviour³

Why is Attention Important?

If your child has attention problems, you may find that they struggle to:

- ⊗ Focus on tasks
- ⊗ Listen and absorb information
- ⊗ Control impulsive behaviours and emotional outbursts

By targeting attention skills, TRAIN can provide improvements in cognitive attention, which may lead to positive outcomes in other areas, such as personal relationships and learning — at school, home and in social situations.

1. Kirk, H., Gray, K., Ellis, K., Taffe, J., & Cornish, K. (2016) *Journal of Child Psychology and Psychiatry*
2. Kirk, H., Gray, K., Ellis, K., Taffe, J., & Cornish, K. (2017) *American Journal on Intellectual and Developmental Disabilities*
3. Kirk, H., Spencer-Smith, M., Wiley, J., & Cornish, K. (2019) *Journal of Attention Disorders*

Why choose TRAIN?

As your child progresses through the TRAIN program, you may begin to notice a number of positive changes in your child's everyday life, including:

- ⊗ Selective attention gains proven to be sustained 3 months after completing the program¹
- ⊗ Numeracy skill gains proven to happen 3 months after completing the program²
- ⊗ Behavioural improvements in classroom setting³

TRAIN has been clinically tested in gold-standard trials and is backed by over two decades of scientific research and development.

In short, we create happier kids!

TRAIN can offer your family...

- ⊗ A head start to your child's attention and academic skills
- ⊗ Fun and engaging game-based tasks on Android smartphone and tablet devices
- ⊗ An adaptable experience tailored to your child's unique abilities
- ⊗ A sense of challenge and achievement for your child

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Improved Attention in Five Weeks.

TRAIN involves 25 sessions spread over five weeks. Each session takes approximately 20 minutes to complete, which adds up to just over 1.5 hours of training per week.



Building Core Attention Skills.

During each 20-minute session, your child will work through four fun and engaging game-based tasks. These tasks change and become more difficult as your child progresses through the TRAIN program.

Each task uses a combination of targets and distractors to build core attention skills. A summary is provided below.



Selection

Visual search task

Your child will practise directing their attention towards particular items.



Focus

Sustained attention task

Your child will practise maintaining their attention on tasks that may not be engaging or stimulating.



Inhibition

Go/no-go task

Your child will practise avoiding impulsive or inappropriate behaviours.



Control

Flanker

Your child will practise how to process conflicting information.