

## Fidget spinners – Questions and Answers.

A fidget spinner may be a great way to help your child focus. It can also distract them from other things when used too much.

Fidget spinners are the popular gadgets for middle schoolers. Some parents feel that fidget spinners can improve focus in their children. But many teachers are finding that they make it hard for children to pay attention and banning them. Below are some common questions about fidget spinners.

### **How can a fidget spinner help my child if they have too much energy?**

Touch can be helpful for children who are hyperactive, as they are more prone to fidgeting. Many children feel that it's calming to keep their hands and fingers busy, while talking about things that may make them feel stress, fear, or anxiety.

### **What are the drawbacks of using a fidget spinner?**

Sometimes it can go beyond the benefits of calming or relaxing. It can become distracting when used a too much. For children without extra energy to burn off or for children that are very hyper-focused, it can cause them to lose focus on the activity they need to do.