DYSCHRONIA

10 TIPS
TO HELP YOUR CHILD

+ 8 IA TIPS
WHO WILL SECOND HIM

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Definition of dyschronia

Dyschronia is a specific disorder of time perception and management. It affects the ability to estimate, organize and manage time effectively.
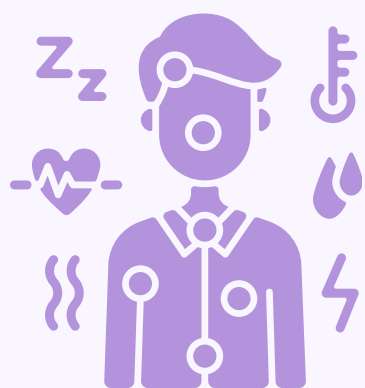
Causes of dyschronia

The exact causes of dyschronia are poorly understood, but it may be linked to abnormalities in the brain's executive functions. Genetic and environmental factors may also play a role.

Common symptoms

Symptoms include difficulty estimating durations, meeting deadlines, remembering events in chronological order, and organizing activities in a temporal sequence.

Diagnostic

TEST

The diagnosis is usually made by a healthcare professional, such as a neuropsychologist, after a detailed assessment of temporal skills and executive functions.

Treatment and support

Although dyschronia cannot be cured, interventions such as cognitive therapies, time management techniques, and academic accommodations can help improve time management and organization.

Impacts on schooling

Dyschronistic children may have difficulty completing homework on time, following a school schedule, and preparing for exams, which can affect their success.

Adaptation and aids

Tools like visual planners, reminder alarms, and time management apps can help dyschronic children better manage their tasks and stay organized.

See our tips further

Dyschronia and daily life

Dyschronic adults may have challenges planning daily activities, managing work schedules, and completing long-term projects. Management strategies and organizational tools can alleviate these difficulties.

Emotional impact

Dyschronia can lead to frustration, anxiety, and stress due to difficulty managing time and meeting deadlines. Psychological support and relaxation techniques may be beneficial.

Practical advice

10 practical life tips + 8 tips where Artificial Intelligence can help your child

01

Tests

Have your child
tested to be sure of
the diagnosis

TEST

02

Use visual planners

Opt for wall calendars, whiteboards or visual planning apps to organize tasks and events. Visual representations of time can help better understand and manage deadlines.
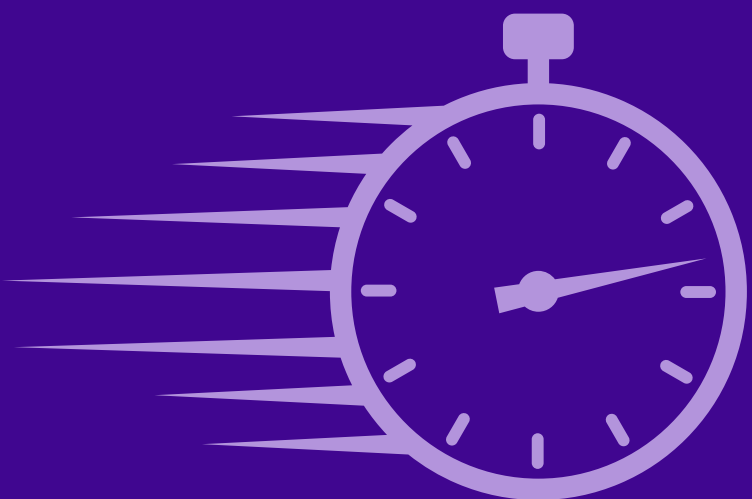
03

Break down tasks

Break large tasks into small steps. Each step should be well-defined and time-bound to make projects more manageable and less intimidating.

04

Set alarms and reminders

Use alarms, timers, and reminders on your phone or computer to remind yourself of important tasks and deadlines. Frequent notifications can help keep you on track.

05

Create daily routines

Establish fixed routines for daily activities. Routines help give structure to the day and reduce stress related to time management.

06

Use time management apps

Apps like Trello, Todoist and Google Calendar can be very useful for planning, organizing and tracking tasks. They offer features like to-do lists, reminders and priority management.
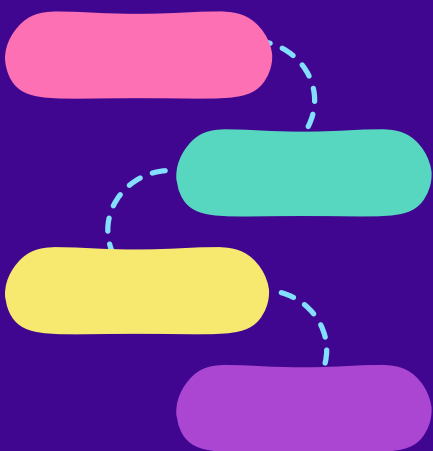
07

Establish priorities

Identify the most important and urgent tasks and focus on them first. Use techniques like the Eisenhower Matrix to rank tasks by importance and urgency.

08

Take regular breaks

Schedule regular breaks to avoid fatigue and maintain concentration. The Pomodoro technique (25 minutes of work followed by 5 minutes of break) can be particularly effective.

09

Use visual stopwatches

Visual timers, such as hourglasses or colored timers, can help visualize the passage of time and better manage work and rest periods.

10

Practice mindful meditation and relaxation

Mindfulness techniques, like meditation and breathing exercises, can help reduce anxiety around time management and improve focus and mental clarity.
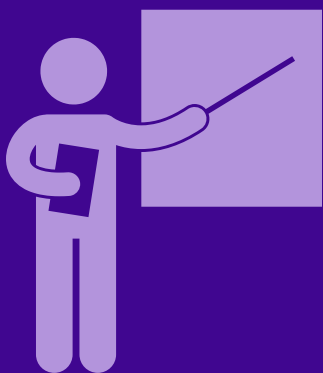
IA

Practical advice

It is important to note that these generative AI solutions are not a miracle cure, but rather a tool that can help children compensate for their difficulties.

# 01

Personal virtual assistants

Use virtual assistants, like Google Assistant or Siri, to set reminders, manage calendars, and create to-do lists. These assistants can also send notifications to remind you of important deadlines.
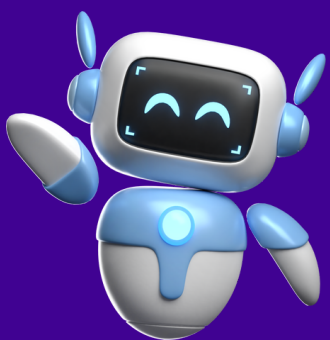
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AI-powered time management apps

Applications like Focus Matrix, Priority Matrix or Focus To-Do use AI to analyze your work habits, optimize your schedule, and provide recommendations to improve time management.
They can prioritize according to the Eisenhower matrix
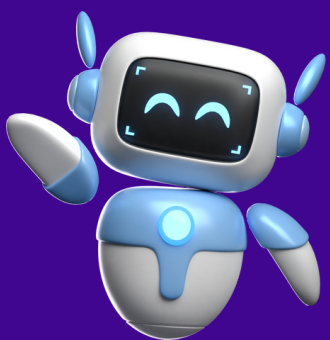
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## Productivity apps with activity tracking

Tools like Toggl and Timely use AI to track time spent on different tasks and projects. They provide detailed reports that help identify areas where you can improve your efficiency.
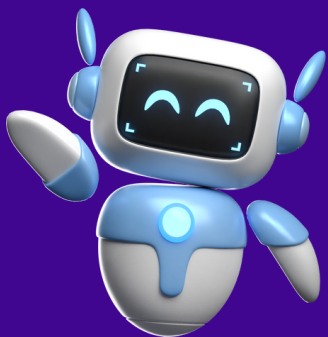
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Smart Planners

Apps like Notion and Google Calendar incorporate AI capabilities to suggest the best times to schedule meetings and tasks, taking into account your schedule and priorities.
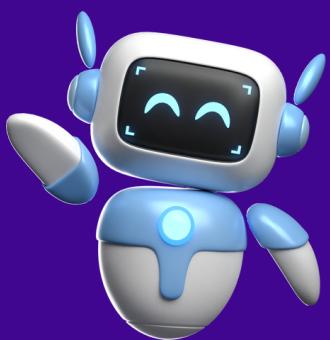
**05**

Focus and distraction management tools

Apps like Focus@Will and Brain.fm use AI to provide personalized soundtracks that improve focus and reduce distractions, helping to better manage work time.
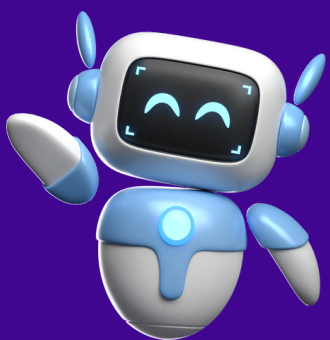
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Productivity Chatbots

Chatbots like Trevor AI can help you plan your days by integrating your to-do lists and calendar, and sending you reminders and suggestions to stay organized.
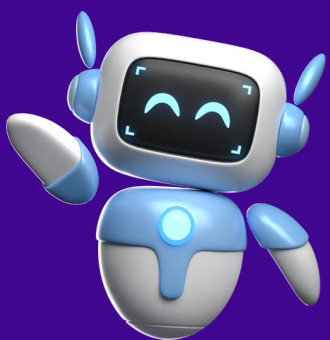
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Analysis of emails and notifications

Tools like SaneBox and Spark Mail use AI to sort and organize your emails, highlighting the most important ones and minimizing distractions from less relevant emails.
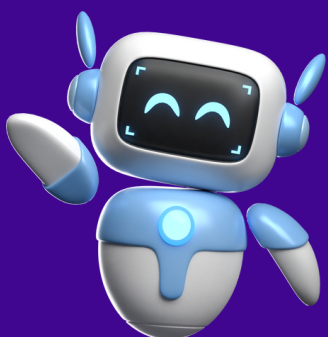
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Wellness and stress management apps

Apps like Headspace and Calm use AI to personalize meditation and relaxation programs based on your needs, helping to reduce the stress of time management and improve focus.
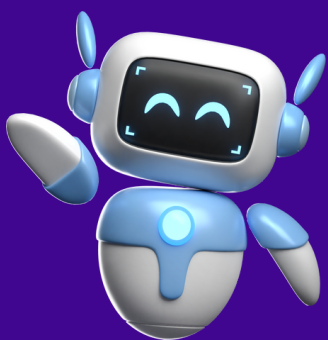
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