



## IMH Cogo ADHD Training: What Parents Should Know About The Home Programme

### Description

IMH's child ADHD service page highlights Cogo as a complementary home-based attention training programme for children aged 6 to 12. The programme uses Brain-Computer Interface technology and Neuro's EEG headband, SenzeBand 2, with a guided game format.

Parents should read this as an additional support option, not as a shortcut diagnosis or a replacement for clinical advice. The useful part is understanding what Cogo is designed to do before asking a clinician whether it fits a child's needs.

### What Cogo Is

IMH describes Cogo as home-based attention training. The programme was jointly developed by A\*STAR's Institute for Infocomm Research, IMH and Duke-NUS, and it aims to improve inattentiveness through a 24-session guided game paired with EEG feedback.

That structure matters because parents often struggle to separate ADHD tools from general brain-training marketing. Here, the key elements are the age band, attention-training purpose, guided game sessions and the connection to IMH's child neurobehavioural services.

- Age range stated: children aged 6 to 12.
- Format: 24-session guided game programme.
- Technology: Brain-Computer Interface with Neuro SenzeBand 2.

### How Parents Should Approach It

Start with assessment, not gadgets. If a child is struggling with attention, school functioning, impulsivity or emotional regulation, a clinical review helps clarify whether ADHD is present and whether home training, behavioural strategies, school support or medication discussions are relevant.

Read IMHâ??s [ADHD service page](#) as the primary local reference. More parent-facing health explainers sit under our [Health & Wellness](#) section.

- Ask whether the child fits the stated age and clinical profile.
- Clarify time commitment for all 24 sessions.
- Track school feedback and home behaviour alongside any programme use.

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