

# EF Tips

Help foster your child's Executive Function skills

## PARENT TIPS TO HELP TEACH PLANNING, ORGANIZATION AND TIME-MANAGEMENT

### Need Help Around the House?

Planning for and accomplishing these tasks helps children learn time management and planning skills

Ask your child:

"When is a good time to do this job?"

"How long do you think it will take?"

*Compare your child's time estimate to the actual time after the job is done and discuss*

"What do you need to help you do the job?"



Picture from Sarah Ward, M.S., CCC/SLP [cognitiveconnectionstherapy.com](http://cognitiveconnectionstherapy.com)

Breakfast		
Fast Morning	A Little Time Morning	Slow Morning
<b>- Breakfast Bar or Drink</b> 	<b>- Cereal</b> 	<b>- Pancakes</b> 
<b>- Cereal in a cup</b> 	<b>- Oatmeal</b> 	<b>- Eggs</b> 
<b>- Hot Pocket</b> 	<b>- Fruit</b> 	<b>- Quesadilla</b> 

Teach time management and conditional reasoning:

- Increase forethought
  - "How much time do I have?"
  - "In that time, what needs to be accomplished?"
- Foster conditional thinking "if...then"
  - If we have a slow morning, then we can make pancakes
  - If we are in a hurry, then we can eat cereal

## Books for Parents:

\*Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential by Peg Dawson and Richard Guare

\*Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential by Guare, Dawson & Guare

## Chore Chart Ideas



<http://robbygirlscollections.blogspot.com/2012/07/family-chore-chart.html>

<http://suttongrace.blogspot.com/2010/01/chore-charts.html> \*

\*Download a free customizable template