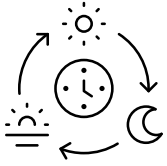


Executive Function Tips



Create a Structured Routine: Establish a consistent daily schedule for homework, chores, and bedtime. Predictability helps students manage their time effectively and reduces stress.

Break Down Big Tasks: Encourage your child to break large assignments into smaller, manageable parts. This helps prevent overwhelm and promotes focus on one step at a time.



Use Visual Reminders: Color-coded calendars, checklists, and planners can help students keep track of assignments, tests, and extracurricular activities. Visual aids provide a quick overview and serve as daily reminders.

Teach Prioritization Skills: Help your child identify which tasks are most important and time-sensitive. Encourage them to start with the most challenging or urgent tasks when their energy and focus are highest.



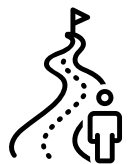
Promote a Healthy Study Environment: Set up a quiet, organized space for studying that's free from distractions like phones or TV. An environment conducive to focus is essential for productivity.

Model Planning and Organization: Share your planning strategies with your child. Show them how you prioritize tasks, make to-do lists, and use calendars. Modeling these skills helps them understand their value.



Encourage Short Breaks: When studying or working on homework, taking short breaks (5-10 minutes) after 25-30 minutes of focused work can help maintain concentration and prevent burnout.

Set Realistic Goals Together: Work with your child to set achievable, short-term goals. Celebrate their progress to reinforce positive behavior and build motivation.



Support Emotional Regulation: Encourage strategies like deep breathing, mindfulness, or physical activity to manage stress and emotions. Good emotional control supports better focus and decision-making.