

EF STRATEGY GUIDE

For Parents



Response Inhibition

- Create a “cool down” space in your home
- “Autopsy” the situation afterwards & rewrite the story

- Ask your child to repeat instructions back to you
- Set a wait time before your child can respond to what you’re saying



Flexibility

- Discuss & reinforce time and place for technology use
- Use specific and agreed upon cues (phrase, word, gesture) to redirect attention

Emotional Control



- Preview unexpected schedules or change of plans and how to manage
- Discuss strategies for handling unexpected events



Task Initiation

- Ask reflexive questions: “What is the first step? What do we do next?”
- Backwards plan tasks
- Prospective visualization: What will finishing look & feel like?

Attention



- Model the first step of a task or activity by doing it with your child
- Use visuals to show steps in household chores / routines



Organization

- Ask your child to predict how long a task will take and compare results
- Set timers for chores, homework, or other tasks
- Keep daily/weekly schedule visible!

Planning & Prioritizing



- Create a routine time to clean out/organize belongings
- Create visual checklists to pack backpack
- Set up a specified “work space”



Goal-Directed Persistence

- Use reflective questioning: (“What went well?” “What would you do differently?” “What made that go so well?” etc)
- Model positive self-talk about use of strategies & tools

Time Management



- Ask your child to reflect on the “why” or tasks or homework
- Have regular discussions around goal-setting for the near & long term
- Work together to identify strategies to meet goals

Metacognition

