

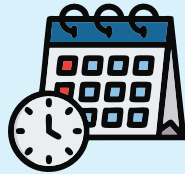


Building Better BRAINS



Executive Functioning is...

A set of cognitive skills that helps a person:



Organize and
plan activities

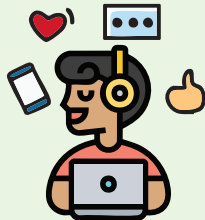


Problem solve and
achieve goals



Self-monitor and
self-regulate behavior

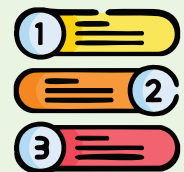
Signs your child may be struggling:



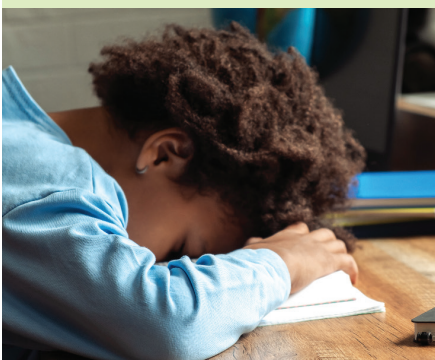
Distracted
starting a task



Unorganized or
forgetful



Difficulty following
multi-step instructions



Trouble managing
time effectively



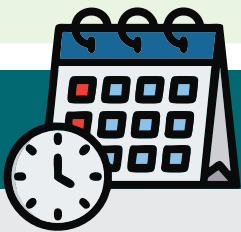
Impulsive/turn-taking

Strategies and Tips



Problem solve and achieve goals

- ▶ **Define the problem clearly**
- ▶ **Brainstorm possible solutions**
Use "What/if" Questions
- ▶ **Evaluate pros and cons**
- ▶ **Set realistic goals and deadlines**
Write everything down



Organize and plan activities

- ▶ **Teach and use a checklist**
Add a picture of your child after completing the checklist to give them a visual of what "done" looks like
- ▶ **Use a family calendar**
Include school and personal activities
- ▶ **Break tasks into smaller steps**
- ▶ **Use timers**
- ▶ **Use color coding**
Each subject has a different color folder
Each activity has a separate backpack/bag (i.e. school, P.E., sport)
- ▶ **Follow routines and utilize the same locations for materials**
Practice the routine until it becomes second nature



Self-monitor and self-regulate behavior

- ▶ **Teach awareness of feelings and actions**
 - Take ten breaths
- ▶ **Use brain breaks**
 - Play games/movement activities
- ▶ **Set timer for breaks and transitions**
- ▶ **Use a behavior chart**
 - Teach your child to track their behavior
- ▶ **Give warnings before transitions**
 - Verbal 10, 5, 1-minute warnings
- ▶ **Ask for help when needed**

Reminders:



Teach



Model



**You
have
to:**



Be Patient



Reinforce



Practice

Celebrate Success...even the small wins!!

