Smart But Scattered Teens The Executive Skills Program For Helping Teens Reach Their Potential

#executive skills for teens #smart but scattered teens #teen organizational skills #adolescent potential development #executive function program

Discover 'The Executive Skills Program,' a vital resource crafted for smart but scattered teens aiming to unlock their full capabilities. This program offers practical strategies and tools to enhance critical executive functions, helping adolescents overcome challenges in organization, planning, and focus, ultimately empowering them to reach their true potential in all aspects of life.

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Smart but Scattered

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. Small changes can add up to big improvements--this empowering book shows how. See also the authors' Smart but Scattered Teens and their self-help guide for adults. Plus, an academic planner for middle and high school students and related titles for professionals.

Smart but Scattered Teens

"I told you, I'll do it later." "I forgot to turn in the stupid application." "Could you drive me to school? I missed the bus again." "I can't walk the dog--I have too much homework!" If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself.

Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger. Helpful worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size. See also the authors' Smart but Scattered (with a focus on 4- to 13-year-olds) and their self-help guide for adults. Plus, Work-Smart Academic Planner: Write It Down, Get It Done, designed for middle and high school students to use in conjunction with coaching, and related titles for professionals. Winner (Third Place)--American Journal of Nursing Book of the Year Award, Consumer Health Category

Smart But Scattered Teens

Uses key principles from the business world to help teens get organized, stay focused, and control their impulses.

The Smart But Scattered Guide to Success

"Meeting a huge demand, Peg Dawson and Richard Guare (authors of the bestselling Smart but Scattered books focusing on kids and teens) now provide a state of the art resource specifically geared to adults. Drs. Dawson and Guare offer expert guidance for boosting executive skills--the core brain based abilities needed to get more done with less stress. Readers will be drawn in by realistic examples, self quizzes, and science based tools for strengthening time management, organization, emotional control, and more. And what you can't change, you can work around! The book is packed with simple yet effective strategies for maintaining focus, conquering clutter, staying on top of work demands, and taming the chaos of family life. Numerous worksheets and forms (which purchasers can download and print in a convenient 8

Smart but Scattered--and Stalled

Whether you're a young adult who is stalled on the journey to independence--or a concerned parent still sharing the family nest--this compassionate book is for you. Providing a fresh perspective on the causes of failure to launch, the expert authors present a 10-step plan that helps grown kids and parents work together to achieve liftoff. Learn why brain-based executive skills such as planning, organization, and time management are so important to success, and what you can do to strengthen them. You get downloadable practical tools for figuring out what areas to target, building skills, identifying a desired career path, and making a customized action plan. Vivid stories of other families navigating the same challenges (including father and son Richard and Colin Guare) reveal what kind of parental support is productive--and when to let go.

Coaching Students with Executive Skills Deficits

This book has been replaced by Coaching Students with Executive Skills Challenges, Second Edition, ISBN 978-1-4625-5219-1.

Late, Lost and Unprepared

Executive functions are the cognitive skills that help us manage our lives and be successful. Children with weak executive skills, despite their best intentions, often do their homework, but forget to turn it in, wait until the last minute to start a project, lose things, or have a room that looks like a dump! The good news is that parents can do a lot to support and train their children to manage these frustrating and stressful weaknesses. Late, Lost, and Unprepared is a must-have book for parents of children from primary school through high school who struggle with: Impulse Control; Cognitive Flexibility; Initiation; Working Memory; Planning & Organizing; Self-monitoring. Written by clinical psychologists, Late, Lost, and Unprepared emphasizes the need for a two-pronged approach to intervention: 1) helping the child to manage demands in the short run, and 2) building independent skills for long-term self-management. Full of encouragement and practical strategies, the book's organization, short chapters with overviews, summaries, case studies, tips, and definitions, makes it easy to grasp concepts quickly and get started. Part I, What You Need to Know, provides information about: what executive functions are and how weaknesses in these skills affect development; the impact of weak executive function on children's emotional lives, and their familes; how professionals assess executive function problems; and associated conditions. Part II discusses What You Can Do About It including how to change behaviour and set reasonable expectations, and offers specific intervention strategies for children of different ages, varying needs, and profiles.

Executive Functions

This groundbreaking book offers a comprehensive theory of executive functioning (EF) with important clinical implications. Synthesizing cutting-edge neuropsychological and evolutionary research, Russell A. Barkley presents a model of EF that is rooted in meaningful activities of daily life. He describes how abilities such as emotion regulation, self-motivation, planning, and working memory enable people to pursue both personal and collective goals that are critical to survival. Key stages of EF development are identified and the far-reaching individual and social costs of EF deficits detailed. Barkley explains specific ways that his model may support much-needed advances in assessment and treatment. See also Barkley's empirically based, ecologically valid assessment tools: Barkley Deficits in Executive Functioning Scale (BDEFS for Adults) and Barkley Deficits in Executive Functioning Scale--Children and Adolescents (BDEFS-CA).

The Work-Smart Academic Planner, Revised Edition

From executive skills experts Peg Dawson and Richard Guare, this large-format academic planner is specially designed for students in grades 6-12. It provides a system for keeping track of assignments and due dates while developing the crucial executive skills needed to succeed in school and beyond. Students are guided to build a daily study plan, manage their time, set short- and long-term goals, study for tests, and record their successes. They also get tools for evaluating their own executive skills in order to target their weaknesses and capitalize on strengths.

Executive Skills in Children and Adolescents

More than 100,000 school practitioners and teachers (K–12) have benefited from the step-by-step guidelines and practical tools in this influential go-to resource, now revised and expanded with six new chapters. The third edition presents effective ways to assess students' strengths and weaknesses, create supportive instructional environments, and promote specific skills, such as organization, time management, sustained attention, and emotional control. Strategies for individualized and classwide intervention are illustrated with vivid examples and sample scripts. In a large-size format for easy photocopying, the book includes 38 reproducible forms and handouts. Purchasers get access to a webpage where they can download and print the reproducible materials. New to This Edition *Chapter with guidance and caveats for developing individual education programs (IEPs), 504 Plans, and multi-tiered systems of support (MTSS). *Chapters on working with students with attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder. *Three guest-authored chapters describing exemplary schoolwide applications. *More student centered--provides a template for involving children in intervention decision making. *Fully updated with the latest developments in the field. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

Helping Kids and Teens with ADHD in School

This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them as they negotiate the pitfalls of growing-up, and the transition to secondary or high school. Each chapter focuses on a different key issue affecting children with ADHD around the time of school transition.

The Executive Functioning Workbook for Teens

A wonderful resource for anyone who knows or works with teens who suffer from executive functioning disorder (EFD)—including parents, teachers, counselors, or clinicians. From handling frustration to taking notes in class, this book will help teens hone the skills they need to succeed. Do you know a teen who is disorganized, chronically late, forgetful, or impulsive? Do they struggle to get homework done, but never manage to turn it in on time? Perhaps it’s your son or daughter, a student you work with, or even a client. It’s likely that this teen suffers from executive functioning disorder (EFD), an attention disorder marked by an inability to stay on task that is common in people with learning disabilities. If this teen has tried to manage his or her time and meet deadlines with little success, he or she may feel like giving up. There is a light at the end of the tunnel, however. You just need to show them the way. In The Executive Functioning Workbook for Teens a licensed school counselor provides an evidence-based, easy-to-use, and practical workbook written directly for a teen audience. The book is designed to provide teens with the skills needed to get organized, retain information, communicate effectively, and perform well in school and in everyday life. Based in proven-effective cognitive behavioral therapy (CBT), the book offers activities that will help teens better understand their disorder and cope with it effectively. With one chapter for each of the ten main areas of EFD, the book

also includes tips for initiating positive action and change, improving flexibility in thinking, sustaining attention, organizing, planning, enhancing memory, managing emotions, and building self-awareness. Written in a fun, engaging format, this book is designed to motivate and inspire teens to carry out and complete tasks with ease.

Bright Kids Who Can't Keep Up

A book filled with vivid stories and examples, explains what low cognitive processing speed in children actually is and provides practical tools for parents of children ages 5 to 18 to help their kids perform better in school, keep pace with friends and family and maintain a healthy self-esteem. Simultaneous. Hardcover available.

Social Success Workbook for Teens

Includes ideas on how to read social cues, recognise and use your strengths and udnerstand social rules and make friends.

The Everything Parent's Guide to Children with Executive Functioning Disorder

The vital skills children need to achieve their full potential! Being organized. Staying focused. Controlling impulses and emotions. These are some of the basic executive functioning (EF) skills children need to function and succeed as they grow. But what can you do if your child is struggling with one or all of these skills? With this hands-on guide, you'll learn what EF difficulties look like and how you can help your child overcome these challenges. Psychologist Rebecca Branstetter teaches you how to help improve the executive functions, including: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization With checklists to help enforce skills and improve organization, The Everything Parent's Guide to Children with Executive Functioning Disorder is your step-by-step handbook for helping your child concentrate, learn, and thrive!

Train Your Brain for Success

Executive functions are a set of thinking, problem-solving, and self-control skills that tell the brain what to do, and this book demonstrates the ways kids use executive functions in school, at home, and in their other activities and shows how these skills can be improved through sustained effort. Beginning with a test to determine executive-functioning strengths and weaknesses, the book then explores in detail eight distinct sets of skills, including planning, organization, focus, time management, self-control, flexibility, memory, and self-awareness. In addition to giving an overview of each executive-functioning skill and how these skills are used in the real world, the book?intended as a self-directed learning guide for students themselves?also provides teens tools and tips for improving executive functions, including how to use video games, iPods, cell phones, and other electronic media to their advantage. A section for teachers and parents who may be dealing with a teenager with one or more executive dysfunctions is also included, as well as information for teens on how to recognize when they need help and where to go for help when a problem arises.

Focus and Thrive: Executive Functioning Strategies for Teens

Conceive, believe, and achieve--simple strategies to build executive functioning skills Executive functioning is the way we manage our daily lives, including organization, planning ahead, and getting started on important tasks. These abilities may be easier for some and more challenging for others to master. Focus and Thrive is full of practical tools to help teens uncover strengths and develop executive functioning skills like staying focused, getting organized, making plans, and managing time. From creating a checklist to maintaining a daily routine, this supportive executive functioning guide can help you feel more confident in finishing everyday tasks at school, at home, at work, and beyond. Ultimately, this straightforward approach to building executive function skills will put you on the path to achieving your goals with focus and determination. This executive functioning book for teens features: Step-by-step solutions--Discover simple strategies to tackle difficult situations you face everyday. Easy "life hacks"--Learn how you can overcome challenges like forgetting your belongings, communicating your needs, and more. Powerful tools--Find a system that works for you with graphic organizers and sample checklists you can copy and reuse. Develop better organization and time-management skills with this executive functioning resource for teens.

Executive Skills Coaching

A Manual for Executive Skills Coaching with Adults Affected by Conditions of Poverty and Stress

Executive Function Skills in the Classroom

With insight and humor, this motivating guide shows how to bring executive functions (EF) to the forefront in K–8 classrooms--without adopting a new curriculum or scripted program. Ideal for professional development, the book includes flexible, practical, research-based ideas for implementation in a variety of classroom contexts. It shares stories from dozens of expert teachers who are integrating explicit EF support across the school day. Provided is a clear approach for talking about EF barriers and strategies as part of instruction, and working as a class to problem-solve, explore, and apply the strategies that feel right for each student. Purchasers get access to a webpage where they can download and print several reproducible tools in a convenient 8 1/2" x 11" size. This book is in The Guilford Practical Intervention in the Schools Series, edited by Sandra M. Chafouleas.

Executive Skills in Children and Adolescents

Compelling stories that present a new view of ADHD Smart but Stuck offers 15 true and compelling stories about intelligent, capable teens and adults who have gotten "stuck" at school, work, and/or in social relationships because of their ADHD. Dr. Brown highlights the often unrecognized role that emotions play in this complex disorder. He explains why even very bright people with ADHD get stuck because they can focus well on some tasks that interest them, but often can't focus adequately on other important tasks and relationships. The first book to explain and illustrate the crucial role of emotions in the daily functioning of those living with ADHD Brown, Associate Director of the Yale Clinic for Attention & Related Disorders, is an internationally known authority on ADHD Drawing on the latest research findings, the book describes strategies and treatments for getting "unstuck" to move on to a more rewarding and productive life.

Smart But Stuck

Focus on Your Strengths and Overcome ADHD Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time-during class, when you're listening to a friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In The ADHD Workbook for Teens, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with. •Learn how to calm yourself down when you feel hyperactive or impulsive •Develop plans for meeting the goals that matter to you most •Get your life under control and organize your schedule •Improve your social life by becoming a better listener and friend

The ADHD Workbook for Teens

When your teen’s rebellious behavior “crosses the line,” how can you reestablish your authority without getting caught in a power struggle? Bestselling authors and distinguished psychologists Russell Barkley and Arthur Robin have each spent decades helping parents and kids resolve standoffs and repair their relationships. Now they’ve distilled their approach into a clinically proven self-help program that can help you break through to your teen and rebuild trust. Centered around 10 simple steps that lead to better behavior, Your Defiant Teen provides practical guidelines for putting an end to the hostilities. You’ll learn realistic ways to foster mutual respect, introduce cooperative problem solving, and strengthen family relationships--while giving your teen vital skills for becoming a mature, independent adult.

Your Defiant Teen, First Edition

6 SUPER SKILLS to help teens stay focused and reach their goals! Do you sometimes have trouble paying attention in school? Do you lose track of time and deadlines? Do you often feel “scattered” or unorganized? You’re not alone. All teens need a little extra help staying focused—in school and in life. This is especially true if you have attention-deficit/hyperactivity disorder (ADHD), autism spectrum disorder, sensory processing disorders, a mood disorder, or have experienced traumatic brain injury.

The good news is that there are skills you can learn to help you stay on track. In this friendly guide, psychologist and ADHD expert Lara Honos-Webb offers six powerful “super skills” to help you pay attention, increase productivity, and get organized so you can achieve your goals and live your best life. These skills include: Focusing on the positive Goal setting Chunking: breaking big goals down into small manageable chunks Motivational enhancement Emotional regulation: dealing with “big” feelings Managing attention Once you learn and practice these skills, you’ll feel empowered to conquer any task—no matter how big. So, why not start learning them today?

Six Super Skills for Executive Functioning

Outlines seven principles to allow readers to increase their learning power, providing practical exercises and advice related to time management, study reading, lectures, memory devices, and examination and essay preparation.

Study Smarter, Not Harder

Session 1. Trading information and starting conversations -- session 2. Trading information and maintaining conversations -- session 3. Finding a source of friends -- session 4. Electronic communication -- session 5. Appropriate use of humor -- session 6. Entering group conversations -- session 7. Exiting conversations -- session 8. Get-togethers -- session 9. Dating etiquette : letting someone know you like them -- session 10. Dating etiquette : asking someone on a date -- session 11. Dating etiquette : going on dates -- session 12. Dating etiquette : dating do's and don'ts -- session 13. Handling disagreements -- session 14. Handling direct bullying -- session 15. Handling indirect bullying -- session 16. Moving forward and graduation.

PEERS® for Young Adults

There's nothing wrong with your child! Stop worrying! No matter how often your friends and family may say this, if you know that your child is developing differently from their peers, it's time to stand up for your conundrum child. When you have a child with additional needs, what's important is not that they get top marks or play rugby for the first team: it's that they are able to get changed quickly enough after PE or have a friend round on a stress-free playdate. Use the CAN approach to help your child Connect, Achieve and Navigate their way to independence. This book gives you the strategies you need to: - Connect with yourself and your child - Ditch the parent guilt - Help your child achieve goals and cope with new situations - Understand how to get what you need from healthcare professionals - Help your child develop the skills they need to enjoy life to the full

Parenting the Conundrum Child

Each illustrated book in this series is designed for parents and professionals to use with children ages 7-up to help explain difficult concepts and features a cartoon character that explains a particular brain disorder. Original.

Can I Tell You about ADHD?

This book is aimed at those who encounter secondary school students with dyslexia on a daily basis. It takes a practical approach by breaking down the whole process of assessing the issues involved and then suggesting ways for teaching staff and students to implement a suitable program of study skills. It is well structured, clear, useful and written with the needs of busy teachers and students very much in mind. Included are assessment approaches, checklists, photocopiable activities, and suggestions for useful resources. Results from qualitative research are included to provide an additional practical insight into study skills and dyslexia in the secondary school. Theoretical knowledge has been used to underpin and inform practice. Teachers of students with dyslexia who are not specialists should find this a useful guide. It will also be of great use to SENCOs and Teaching Assistants.

Study Skills and Dyslexia in the Secondary School

The award-wining, best-selling guide for parents and professionals to understanding and helping teens with attention deficit disorders is now in its third edition. Teenagers with ADD, ADHD, & Executive Function Deficits is the one-stop source of up-to-date, scientifically accurate, and reassuring information written by parent, teacher, school psychologist, mental health counsellor, and advocate Chris Dendy. Her book looks at key areas, academics, dating, driving, socializing, and greater independence, that

make adolescence potentially more difficult for kids with ADD, ADHD, or Executive Function Deficits (EFD). This resource gives parents advice on everything from understanding the diagnosis to treatment options, and from behavioural and academic issues, to parent involvement and self-advocacy. The new edition includes new and expanded information on: latest diagnostic criteria in the DSM-5; new research on attention deficits and executive function deficits and teatment options; the link between ADHD and EFD; new medication and research on treatment effectiveness; "concentration deficit disorder" or "slow cognitive temp," a new diagnosis that some experts are advocating for to describe a subset of kids with inattentive ADHD (low energy, daydreaming, slow processing of info); using technology (apps, smartphones, tablets) to help teens compensate for ADHD-related difficulties; "flipped classrooms" (teachers send videos of lectures/explantion of concepts home for kids to watch for homework and then have kids do written work in class so they can provide feedback as they work); updates on educational laws/regulations that affect students with ADHD. The author recommends a combination approach to treatment which includes using medications, behaviour and academic intervetions and accommodations, ADHD education, and exercise. In addition, she discusses the role of executive function problems and how they relate to teenagers' difficulties with organizational skills, long-range planning, and staying on task. Throughout, are the voices of teens, families, and professionals who share their experiences and insights. Armed with the book's comprehensive facts and strategies, parents, educators, and therapists can be proactive, working together with teens to build resilience and a hopeful future.

Teenagers with ADD, ADHD & Executive Function Deficits

Accessible and practical, this book helps teachers incorporate executive function processes - such as planning, organizing, prioritizing, and self-checking - into the classroom curriculum. Chapters provide effective strategies for optimizing what Ka "12 students learn by improving how they learn. Noted authority Lynn Meltzer and her research associates present a wealth of easy-to-implement assessment tools, teaching techniques and activities, and planning aids. Featuring numerous whole-class ideas and suggestions, the book also covers the nuts and bolts of differentiating instruction for students with learning or attention difficulties. Case examples illustrate individualized teaching strategies and classroom accommodations. Fifteen reproducibles are included; the large-size format facilitates pho-tocopying and day-to-day reference. This book will be invaluable to classroom teachers and special educators in grades K-12, teacher educators, school psychologists, and neuropsychologists.

Promoting Executive Function in the Classroom

Using college readiness surveys and handy worksheets, Ready for Take-Off teaches you how to promote self-determination, academic, and daily living skills in your teen -- skills needed to succeed in college and in life. Inside you will learn to evaluate your parenting approach and adjust to a coaching style; identify skills your teen needs to develop to successfully transition to college; learn how to have empowering conversations with your teen; and create a readiness plan to allow your teen to slowly and systematically get ready for college. With this guide, you will become skilled at coaching and boost your teen's college readiness. So, let's go! Are you ready for take-off?

Ready for Take-off

From an expert in adolescent psychology comes a groundbreaking, timely, and necessary guide for parents of the 2.2 million young adults in America who are struggling to find their way in the world. In Dr. Mark McConville's decades of experience as a family clinical psychologist, perhaps no problem has been more fraught than that of young adults who fail to successfully transition from adolescence into adulthood. These kids--technically adults--just can't get it together: They can't hold a job, they struggle to develop meaningful relationships, and they often end up back in their parents' spare bedroom or on the couch. In fact, studies show that one in four Americans aged twenty-five to thirty-four neither work nor attend school, and it's a problem that spans all socioeconomic and geographic boundaries. McConville investigates the root causes of this problem: Why are modern kids "failing to launch" in ever-increasing numbers? The key, McConville has found, is that they are struggling with three critical skills that are necessary to make the transition from childhood to adulthood--finding a sense of purpose, developing administrative responsibility, and cultivating interdependence. In Failure to Launch, McConville breaks these down into achievable, accessible goals and offers a practical guide for the whole family, to help parents instill those skills in their young adults--and to get their kids into the real world, ready to start their lives.

Failure to Launch

Flexible and Focused: Teaching Executive Function Skills to Individuals with Autism and Attention Disorders is a manual written for individuals who work with learners who struggle with executive function deficits. The manual takes the perspective that executive function skills can be improved through effective intervention, just like any other skills. This how-to manual provides practical strategies for teaching learners to be focused, organized, flexible, and able to effectively manage themselves. Ready-to-use lessons, data sheets, worksheets, and other tools for practitioners, educators, and parents are provided to help them tackle common problems associated with executive function deficits in learners of any diagnosis, ages 5 to adult. The principles of applied behavior analysis (ABA), which form the foundation of this manual, are translated into simple, easy-to-use procedures. Lessons for improving executive function skills in real-life everyday situations are provided in the following areas: Self-awareness Inhibition and impulse control Self-management Attention Organization Problem solving Time management Planning Working memory Emotional self-regulation Flexibility Provides an overview of what constitutes executive function skills Outlines how techniques based on applied behavior analysis can be used to teach skills Presents step-by-step lessons for practitioners, educators, and parents to implement with individuals with executive function deficits Includes data sheets, task analyses, worksheets, and visual aids

Flexible and Focused

The Bulletproof Planner is specifically designed for students with Executive Function challenges, including ADHD. The first step is to capture each assignment, which is the first milestone to success, and then to provide a framework for managing tasks to completion. The Bulletproof Planner puts assignments and due dates in the crosshairs of the target, providing visibility and tracking so that work doesn't fall through the cracks or get overrun by competing priorities. But the real value in the Bulletproof Planner is that it provides scaffolding to strengthen and internalize the executive function skills in the process of tracking assignments. It also provides a crucial feedback loop for successes to improve the self-image and motivation of struggling students. The Bulletproof Planner is a platform to create the skills required to be successful in school right now, and beyond.

The Bulletproof Planner: Executive Function and ADHD Academic Planner

"A series of ... tools for helping [children and youth] strengthen their executive function skills and thereby function more successfully both personally and academically throughout life"--Publisher.

Flipp the Switch

Presents advice for parents of children who lack basic "executive skills," providing strategies to help children become organized, increase concentration, follow instructions, be persistent, and complete homework and chores on time.

Smart But Scattered

Homeschool with Confidence helps homeschooled teens focus on what matters, organize their lives, and take ownership of their education.

Homeschool with Confidence

This quick problem-solving guide helps you explicitly teach critical executive function skills to high-functioning children with autism (Grades K-8).

Solving Executive Function Challenges

Help your child feel confident and capable! If your child has been given a diagnosis of executive functioning disorder, you may be feeling overwhelmed and unsure of what to do next. You want your child to be able to master certain basic skills, such as being organized, staying focused, and controlling impulses and emotions. But what if your child is having trouble with one or all of these skills? With The Conscious Parent's Guide to Executive Functioning Disorder, you'll learn how to take a relationship-centered approach to parenting as you help improve your child's executive functioning skills: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization Conscious parenting is about being present with your children and taking the time to understand how to help them flourish. With the strategies and advice in this guide, you and your child will build sustainable bonds, develop positive behaviors, and improve executive

functioning skills for life. And you'll find that conscious parenting helps create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

The Conscious Parent's Guide to Executive Functioning Disorder