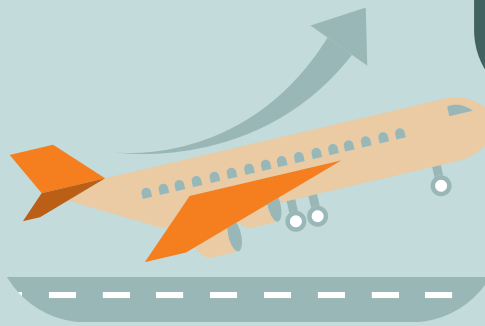


WHAT IS EXECUTIVE FUNCTIONING?

A set of behaviours that help us reach our goals, and complete and perform complex tasks. Executive functioning skills that are essential for success both in school and in life include but are not limited to:

- Organization
- Task initiation
- Time management
- Self-monitoring
- Emotional control
- Working memory
- Attention Regulation
- Metacognition



“Being able to focus, hold, and work with information in mind, filter distractions, and switch gears is like having an air traffic control system at a busy airport to manage the arrivals and departures of dozens of planes on multiple runways. In the brain, this air traffic control mechanism is called executive function.”

- Center on the Developing Child at Harvard University

STRATEGIES TO SUPPORT EXECUTIVE FUNCTIONING

AT HOME

- Visual aids
- Create and follow consistent routines
- Use timers and alarms in the home
- Encourage and support follow through

AT SCHOOL

- Collaborate with teachers
- Use agendas, and planners/organizers
- Request preferential seating
- Advocate

STRENGTHEN EMOTIONAL REGULATION SKILLS

- **Self Control** - Regulating emotions plays a key role in managing impulses and allows for thoughtful responses.
- **Flexibility and Problem Solving**- Emotional regulation helps solve problems even in frustrating situations
- **Focus and Attention**- When emotions are regulated it allows the individual to remain focused on the task at hand, enhancing task completion.

Apps & Tools

These tools are free for purchase on the App Store

Task Initiation

- Study Bunny
- Can Plan
- Pomodoro Technique
- Time Timer

Sustained Attention

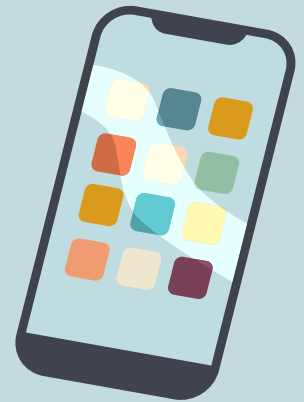
- Original Beeper App
- Wrist Band Strategy
- Sand Timer
- Pomodoro Technique

Planning

- Eisenhower Matrix
- Canva - personalized planner
- Structured

Time Management

- Eisenhower Matrix
- Choiceworks
- Toggle



Resources

BOOKS

- "Smart but Scattered" by Peg Dawson and Richard Guare
- "The Explosive Child" by Ross W. Greene
- "The Whole-Brain Child" by Daniel J. Siegel and Tina Payne Bryson
- "The Organized Child" by Richard Gallagher, Elana Spira, and Jennifer M. Rosenblatt
- "Raising an Organized Child" by Damon Korb
- "The Executive Functioning Workbook for Teens: Help for Unprepared, Late, and Scattered Teens" by Sharon A. Hansen
- "Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention" by Peg Dawson and Richard Guare
- "Executive Function Skills in the Classroom: Overcoming Barriers, Building Strategies" by Laurie Faith, Carol-Anne Bush, and Peg Dawson

WEBSITES

- The Canadian ADHD Resource Alliance (CADDRA) <http://caddra.ca/> is also an excellent resource for ADHD
- ADDitude Magazine www.additudemag.com