

UNLOCKING YOUR CHILD'S POTENTIAL: UNDERSTANDING EXECUTIVE FUNCTIONING

Executive functioning refers to a set of mental skills that help children manage time, pay attention, switch focus, plan, organize, and remember details. These skills are crucial for success in school and in life.

What is **EXECUTIVE FUNCTIONING**?

How Parents Can Help

1 Time Management

Time management includes completing assignments on time and following routines.

2 Organization

Organization includes keeping track of school materials, assignments, and deadlines. Disorganization may lead to forgotten homework or missed deadlines.

3 Task Initiation

Task initiation is being able to start tasks and transition between activities independently.

4 Working Memory

Working memory includes remembering and recalling information.

5 Flexibility & Adaptability

Flexibility and adaptability include adapting to changes in routines or unexpected challenges.

1 Create a Structured Environment

Establish a consistent daily routine to provide predictability for your child. Clearly outline expectations for homework, chores, and bedtime.

2 Use Visual Aids

Visual schedules, checklists, and calendars can help children organize their tasks and manage their time effectively.

3 Break Tasks into Steps

Teach your child to break down assignments into smaller, more manageable steps. This approach makes tasks less daunting.

4 Provide Clear Instructions

Be explicit in your instructions. Break down tasks into specific actions and use visual or written cues to reinforce understanding.

5 Encourage Self-Advocacy

Teach your child to communicate their needs. Encourage them to ask for help and to express their preferences for learning.

6 Use Positive Reinforcement

Celebrate small victories and progress. Positive reinforcement boosts confidence and motivation.

If you notice persistent challenges, consider consulting with your child's teacher or a school counsellor. Additionally, a healthcare professional can provide further insights and strategies to support your child's executive functioning skills.