

Supporting Executive Functioning In The Home

Organization - "A place for everything, everything in its place"

- Create a "home" for belongings - categorize and label
- Hooks by the door - coats, backpacks, keys, sports equipment
- Keep daily items in sight and easily accessible
- School - Backpacks, Binders, Homework Area
- Bulletin Boards - post important papers
- Daily clean up - putting things away



"But Mom, I did clean my room. You should've seen it when it was messy."

Planning - "By failing to prepare, you are preparing to fail."



- Use wall calendars
- Have kids help with dinner
- Weekly family meetings
- Set weekly goals - SMART goals
- School - Planners, Study Plans
- Making grocery lists with your child
- Plan events together - birthday parties, family gatherings, outings
- Time Estimation Game
- Use stickies or checklists for reminders

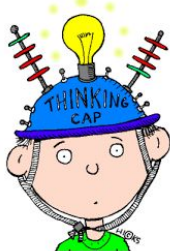
Time Management - "Out of sight. Out of mind"

- Make it visual - Whiteboards
- Analog clocks and watches
- Make a daily schedule - post
- Visual Timers
- Breaks - "Take 5"
- Write down goals for the day
- Talk about priorities - What is important?
- Set up daily routines - Break it down and post
- Manage distractions - Time limits on phones, video games



Self Awareness / Self Regulation - "Self awareness is the key to self mastery"

- "First..Then" Approach
- Practice Waiting
- Model Mindfulness
- Consistent bedtime routines
- Provide Choices - Support Autonomy
- Earning Rewards- Goal Persistence
- Encourage play dates
- Perspective taking - Social Thinking®
- Teach about emotional control - The Zones of Regulation®
- Problem Solving - Flexible Thinking
- Share your own EF
- Chores - Model, Practice together, Monitor, Do independently
- Positive Praise - Provide 4 positive statements per 1 corrective statement - Focus on process vs product



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Organization



Planning



Time Management

Self Awareness / Self Regulation

