

Teach These Children

Fivefold enrichment



Improving Executive Function

The problem: It's a simple task and you don't understand why your child repeatedly struggles when asked to do it. You may find that he or she often forgets what you asked them to do, or has difficulty prioritizing or organizing. If your child is about 6 or older and you observe the struggle is real, try a strategy instead of a consequence.

The goal is to identify a support that will trigger them to develop new patterns of behaviors to accomplish the task they perceive to be difficult. If the task is putting laundry in the basket, hang or tape any arrow or picture of clothing above the basket. The change in environment provides a visual cue or reminder. Alarms and times work if it's a scheduled task or activity. Multi step directions can be paired down to simple phrases like brush hair, teeth, shower. Keep at it and you may begin to notice patterns that will directly relate to helping your child develop a growth mindset.

TIPS

Rather than looking for a problem, reposition yourself to look at the areas where you can help your child by giving them simple strategies for improvement,

THURSDAY

Child's belief about self...

I am equipped

Family supports development of...

Skillset

Focus areas

- Behavioral

GOAL

Help your child to understand that things that do not come easy just require a little more time to identify what can be tweaked, in other words what supports can help to accomplish the task.

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