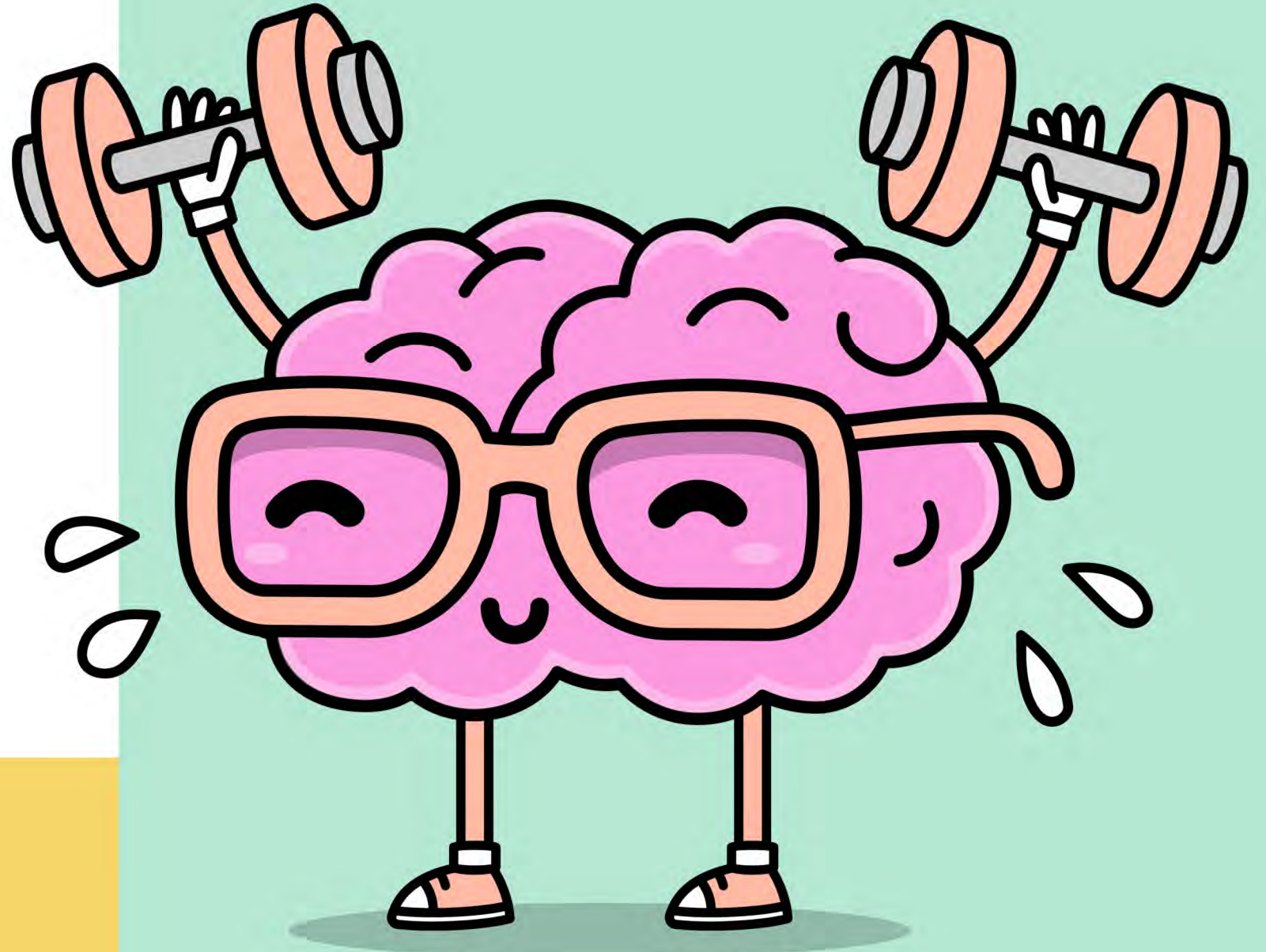


EXECUTIVE FUNCTION Skills



WHAT IS EXECUTIVE FUNCTION?

Executive function is a set of thinking skills that help us navigate our daily lives. These abilities allow us to plan, focus, organize, and complete tasks. They are based in the prefrontal cortex—a part of the brain involved in decision-making and self-control—which typically matures around age 25. This is why kids often find it tough to follow instructions, start and finish their assignments, stay organized, or handle big feelings.

These struggles aren't about motivation or intelligence—they're often due to still-developing **executive function skills**. When these skills are weak, it can affect every part of a child's life: how they do in school, how they behave at home, and how confident they feel in social settings.

“58% of parents report their child struggles with executive function.”

When Kids Struggle, It May Look Like...

- Difficulty starting homework or chores without reminders
- Getting upset when plans or routines change
- Losing track of steps in a task
- Struggling to keep room and backpack organized
- Blurting out answers and acting before thinking
- A hard time managing big feelings and small problems
- Finding it hard to plan ahead or prioritize tasks
- Forgetting to check over work or not noticing mistakes
- Being easily distracted
- Needing frequent reminders to complete tasks

SUPPORTING KIDS AT HOME

- **Use Visual Supports** – Post calendars or use checklists to help your child remember tasks and stay organized.
- **Set Clear Goals** – Break big assignments or chores into smaller, manageable steps.
- **Practice Time Management** – Use timers to help your child start and finish tasks on time.
- **Model Problem-Solving** – Think out loud when planning or adjusting to changes so your child sees the process.
- **Encourage Breaks** – Short brain breaks between tasks can boost focus and energy.
- **Support Emotional Control** – Teach calming strategies like deep breathing or journaling.
- **Keep Things Organized** – Label bins and have a set place for school materials.
- **Celebrate Effort, Not Just Results** – Praise your child for sticking with a task, even if it's not perfect.
- **Prioritize Sleep & Healthy Habits** – Make sure your child gets 8–10 hours of sleep and eats balanced meals.


To BE Understood
to be seen, heard and supported to grow

Reach out to us today:
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