

EXECUTIVE FUNCTIONING

~ What is it? Why is it important? ~

What is **executive functioning**?

Executive functioning is a set of mental skills that help your child plan and achieve their goals, including:

Working Memory:

Ability to hold information in our brain for a short time while working on something else

Time Management:

Ability to organize and planning how you divide your time among different activities

Self-Control:

Ability to control our emotions, thoughts, impulses, and behaviors to reach a positive outcome

Task Initiation:

Ability and motivation to begin a task independently; requires problem-solving and coming up with ideas

Self-Monitoring

Ability to understand how well you are completing a specific task or action

Planning:

Ability to think about the future and organize the activities needed to achieve a goal

Flexible Thinking:

Ability to problem solve or adapt to situations when necessary and overcome obstacles

Organization:

Ability to arrange materials, thoughts, or ideas in a useful, productive way

Why is **executive functioning** important?

- 
- We use these skills everyday to learn, work, and manage daily life
 - They are needed for making sure our thoughts and impulses are leading us to productive outcomes
 - These skills are needed for school work, activities of daily living, and interacting with others on a daily basis

Executive Parent

Michael Brown



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