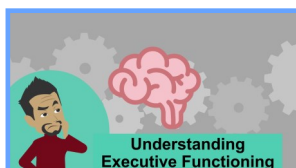


# Executive Function Basics for Parents

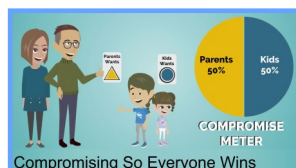
If you have a child with executive function challenges such as getting stuck or overwhelmed, or trouble with following directions, then these videos provide simple strategies that parents can use immediately. These short, engaging, videos and animations feature real-life situations, practical advice from experts, parents sharing their wisdom, and easy to understand explanations. (Click on each image to be taken to that video).



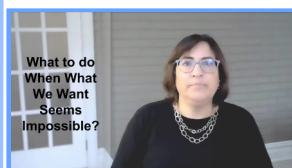
This animation introduces parents to what executive functions are and what problems with executive functioning look like. It introduces simple steps parents can take to help their children.



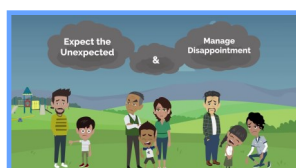
In this webinar, an expert explains how children and parents can both get more of what they want through motivating strategies.



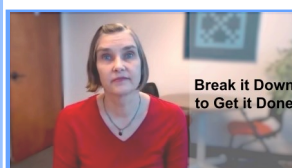
Compromising helps everyone get what they want. This animation explains the different types of compromise and how they can be used so that both parents and their children can walk away with something positive.



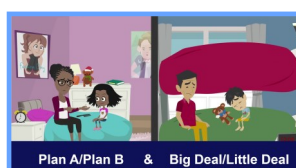
Sometimes what we want is not possible. This webinar features an expert explaining what to do in these situations to help your child.



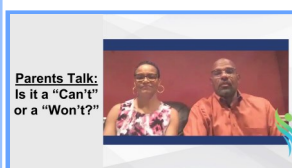
This animation shows parents how then can help their children manage disappointment when things don't go as planned by "expecting the unexpected."



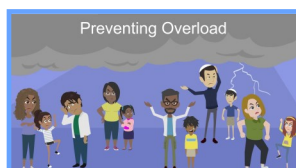
Children with executive function challenges can easily get overwhelmed. In this video, an expert gives simple tips for breaking tasks down into steps in order to get things done.



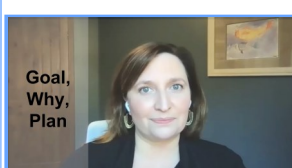
Coming up with multiple plans helps to keep your child thinking flexibly and calling events a 'big deal' or a 'little deal' helps them manage disappointment. We explain how to effectively use both strategies in this animation.



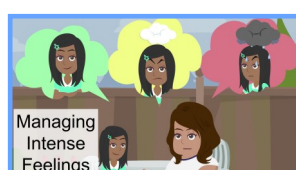
In this interview, parents Troy and Vanessa reflect on how children sometimes *can't* do something when it appears that they *won't* do it. They break down how to turn those *can't*s into *cans*.



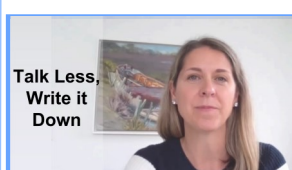
This animation offers parents tips on helping to prevent your child from getting overwhelmed, such as identifying possible triggers and preparing for them in advance.



Creating and working towards goals is a critical life skill. In this webinar, we discuss how to help your child make goals, understand why that goal is important, and how to create a plan to achieve that goal.



In this animation, we cover how to identify the intensity of feelings as well as the different strategies available to manage those feelings and get your child back to feeling "on target."



In this webinar an expert explains how taking the time to write things down can help your child process their feelings when talking to them either makes it worse or seems to go nowhere.

## Comments from parents:

"The videos helped remind me of my child's perspective—and how often his struggles are a sign of something else—something deeper. That he's not trying to be difficult."

"Very good information on material we as parents can use with our children at home. The strategies were very well explained."

"The videos made me feel less alone. They reminded me that my son's behavior is "normal" within the spectrum and hopeful that there are more things I can try to help him. "



Scan the QR code to the left to be taken to our YouTube playlist with all of the videos. Each video can also be downloaded using the link included in the description as well as information sheets to support you when trying new things at home.