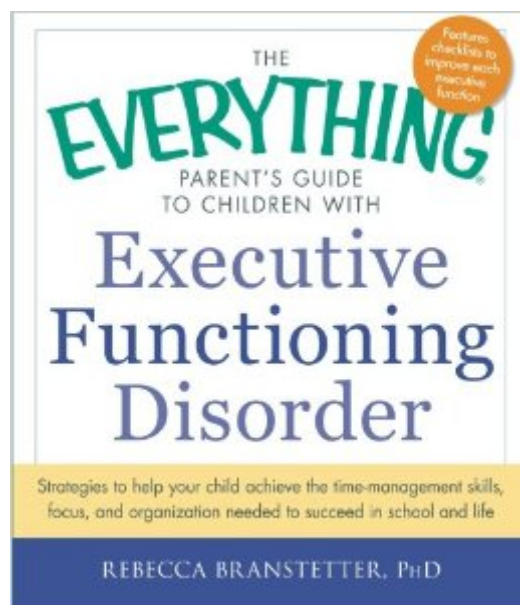


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# The Everything Parent's Guide To Children With Executive Functioning Disorder: Strategies To Help Your Child Achieve The Time-management Skills, ... Needed To Succeed In School And Life



## Synopsis

The vital skills children need to achieve their full potential! Being organized. Staying focused. Controlling impulses and emotions. These are some of the basic executive functioning (EF) skills children need to function and succeed as they grow. But what can you do if your child is struggling with one or all of these skills? With this hands-on guide, you'll learn what EF difficulties look like and how you can help your child overcome these challenges. Psychologist Rebecca Branstetter teaches you how to help improve the executive functions, including: Task initiation Response inhibition Focus Time management Working memory Flexibility Self-regulation Completing tasks Organization With checklists to help enforce skills and improve organization, *The Everything Parent's Guide to Children with Executive Functioning Disorder* is your step-by-step handbook for helping your child concentrate, learn, and thrive!

## Book Information

Series: Everything®

Paperback: 256 pages

Publisher: Adams Media (December 6, 2013)

Language: English

ISBN-10: 1440566852

ISBN-13: 978-1440566851

Product Dimensions: 8 x 1.1 x 9.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (18 customer reviews)

Best Sellers Rank: #201,415 in Books (See Top 100 in Books) #294 in Books > Parenting & Relationships > Special Needs > Disabilities #3103 in Books > Parenting & Relationships > Parenting

## Customer Reviews

Executive Functioning is a new hot topic in education and behavior. Many people have heard of it, but lots of people have a hard time describing exactly what it is. With more and more kids being diagnosed with executive functioning delays - this book is extremely useful for parents and school professionals. It breaks down the different skills that make up executive functioning and describes them clearly with examples. There are questions for parents to help decide whether each of the areas is a concern for their child. Then each skill area has a dedicated chapter with ideas for improving or accommodating a child's struggles. I am a school psychologist who is currently doing

private psychological evaluations. The majority of parents and children I've worked with recently have come to me with executive functioning deficit concerns, whether they knew it or not. I have recommended this book to parents, and have gotten great feedback about it's usefulness. I highly recommend this book for parents, teachers, or other professionals working with kids who struggle with executive functioning.

I love how this book takes a buzz term like "executive functioning" and breaks it down into manageable chunks of information for the average person. Many people use this term to cover a wide range of issues, but Dr. Branstetter does an excellent job showing that just because a child has issues with one area of executive functioning doesn't mean they have issues in all other areas. Each section provides a checklist so that parents can better identify in which area their child may struggle, and then Dr. Branstetter offers ways to help in each of those areas. As a counselor, this book has changed the way I approach small impulsive groups. I'm better able to get specific information from parents about where their children struggle and then plan my groups to focus on those skills to help those areas of deficit. I recommend this book to each of the parents so they can use it as a resource as well. I can't wait to see more from this author!

This is a great book not only for parents but also for professionals working in the school system. Dr. Branstetter does a fabulous job at presenting strategies for parents with children who struggle with executive functioning disorder. She covers time-management skills, working-memory strategies, self-regulation techniques, emotional self-control issues, task completion, and organizational skills. She also provides advice for parents in setting up their home environments to support their children, plus much more. This is great resource for school psychologist as well as parents!

I am so grateful for the information found in this book! After 10 years of trying to understand what is happening with our sons brain, we can finally read about what has perplexed us all this time. Our son suffered a concussion at age 5 and we never realized nor did his doctors until just recently that he never fully recovered from the concussion. He exhibits many of the Executive Function difficulties and now we have some concrete ways to handle them. Thanks for such an informative book!

This book was excellent and gave insight as well as practical suggestions for those with executive functioning disorder. If you are a parent of a child with ADD, ADHD, or ASD, or a combination, this book is a must read. I wish I had had this text earlier.

I found this book to be chock full of wonderful information. Executive functioning deficits can be debilitating. Executive function helps you manage time, pay attention, switch focus, plan and organize, remember details, and avoid problems. Many children (and adults) have difficulty with one or more of these areas and it impacts one's ability to function in work or school, do things independently, or maintain relationships. Basically these deficits are organizational or regulation related. I found wonderful insight into the different facets of this area, and fantastic ideas and strategies to help myself and loved ones overcome and manage challenges related to executive function. I recommend this book! It is easy to read and is a wealth of great information

As a school psychologist, I frequently recommend this book to parents and teachers. It is extremely user-friendly; Branstetter uses language that all can understand. She provides useful, reasonable strategies that can be used at home and in the classroom to assist children with executive functioning difficulties.

I am a school psychologist and I have been recommending this book to parents. I love it. It's an easy read and helps parents understand their children.

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