

THE CONSCIOUS PARENT'S GUIDE TO

Executive Functioning Disorder



Rebecca Branstetter, PhD

Russell A. Barkley

The Conscious Parent's Guide to Executive Functioning Disorder Rebecca Branstetter, 2016-01-01 Help your child feel confident and capable If your child has been given a diagnosis of executive functioning disorder you may be feeling overwhelmed and unsure of what to do next You want your child to be able to master certain basic skills such as being organized staying focused and controlling impulses and emotions But what if your child is having trouble with one or all of these skills With The Conscious Parent's Guide to Executive Functioning Disorder you'll learn how to take a relationship centered approach to parenting as you help improve your child's executive functioning skills Task initiation Response inhibition Focus Time management Working memory Flexibility Self regulation Completing tasks Organization Conscious parenting is about being present with your children and taking the time to understand how to help them flourish With the strategies and advice in this guide you and your child will build sustainable bonds develop positive behaviors and improve executive functioning skills for life And you ll find that conscious parenting helps create a calm and mindful atmosphere for the whole family while helping your child feel competent successful and healthy The Conscious Parent's Guide to Executive Functioning Disorder Rebecca Branstetter, 2016-02 Contains material adapted from The everything parent significantly guide to children with executive functioning disorder The Conscious Parent's Guide To ADHD Rebecca Branstetter, 2015-12-04 A guide for parents with kids who have ADHD The Everything Parent's Guide to Children with Executive Functioning Disorder Rebecca Branstetter, 2013-12-06 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 The The Impulsive, Disorganized Child James W. Forgan, Mary Anne Richey, 2021-09-03 New York Times Index ,2006 Impulsive scattered lost unfocused unprepared disorganized These are just a few of the words used to describe kids with executive functioning deficits which commonly affect many children already diagnosed with ADHD learning disabilities and autism The Impulsive Disorganized Child Solutions for Parenting Kids with Executive Functioning Difficulties helps parents pinpoint weak executive functions in their children then learn how to help their kids overcome these deficits with practical easy solutions Children who can t select plan initiate or sustain action toward their goals are children who simply struggle to succeed in school and other aspects of life Parents need the helpful proven advice and interactive surveys and action plans in

this book to empower them to take positive action to teach their disorganized impulsive child to achieve independence success and a level of self support Scattered to Focused Zac Grisham, 2021-01-19 Set your child up for success with simple strategies to develop executive function in kids 4 to 12 Parenting a child who struggles with executive function the skills that help us stay focused manage our emotions and plan ahead can be a challenge whether or not they have an official ADHD diagnosis This book is filled with expert advice and actionable strategies that can help your smart but scattered child build the skills they need to thrive both at school and at home Quick assessment tools Better understand your child's level of executive function and learn what motivates them for stronger communication and connection Expert advice Learn how to build confidence and autonomy in your smart but scattered child with research based guidance for helping them practice self control manage time follow routines beat procrastination and more Common sense explanations Explore how executive function works in clear simple language and then apply what you learned through fun activities like using code words and making memory boards Build better habits and routines in smart but scattered kids with this comprehensive parent s quide to executive function Late, Lost, and Unprepared Joyce Cooper-Kahn, Laurie Dietzel, 2024-04-30 Does your child have difficulty meeting deadlines staying organized or keeping track of important information Do they tend to forget details Are they prone to emotional meltdowns This book will become your go to all inclusive guide to helping children manage issues with these executive functions a set of related yet distinct mental skills that allow us to stay on target as we work toward our goals Packed with encouragement strategies overviews case studies tips and more this newly revised edition offers science based information explained in accessible everyday language You will find down to earth examples and a flexible framework that allows you to think on your feet and adapt the strategies to any child or situation In addition to providing approaches for helping your child to manage demands in the short run this book offers strategies for building independent skills for long term self management Covering what you need to know as well as what you can do Late Lost and Unprepared gives parents the support they need to help their child become productive and independent today and in the future Mindful Parenting for ADHD Mark Bertin, 2015-09-01 Parents of children with attention deficit hyperactivity disorder ADHD face many unique daily challenges Kids with ADHD are often inattentive hyperactive and impulsive and as a result parents can become frustrated or stressed out In Mindful Parenting for ADHD a pediatrician presents a proven effective program for helping both parents and kids with ADHD stay calm in the present moment Parents will also learn how to let go of judgments reasonably assess their child's strengths and weaknesses lower stress levels for both themselves and their child communicate effectively and cultivate balance and harmony at home and at school **Taking Charge of ADHD** Russell A. Barkley, 2020-06-12 Now in a revised and updated fourth edition this comprehensive bestselling work has earned its place as the leading resource for parents Prominent authority Russell A Barkley guides parents to understand why 6 to 18 year olds with attention deficit hyperactivity disorder ADHD act the way they do and provides practical steps to help them live up to their potential Readers

learn how to find the right professional help get needed support at school and manage challenging behavior using proven techniques Packed with realistic stories and problem solving ideas this empathic guide is solidly grounded in science New to the fourth edition are a chapter on health risks associated with ADHD the latest information on the causes of the disorder current facts on medications a new discussion of sibling issues advice for parents who might have ADHD themselves and much more Purchasers can download and print several practical tools

Use of the Behavior Rating Inventory of Executive Function Parent Form for Children with Attention-Deficit/Hyperactivity Disorder Liat Zilberstein, 2017

Are Executive Function Difficulties Reported by Parents and Teachers Associated with Elevated Levels of Parenting Stress for Children Diagnosed with Attention-Deficit/Hyperactivity Disorder, with and Without **Oppositional Defiant Disorder?.** Alan McLuckie, 2011 The Essential Guide to Raising Complex Kids with ADHD, Anxiety, and More Elaine Taylor-Klaus, 2020-07-28 The Essential Guide to Raising Complex Kids is an honest guide on how to be an effective parent and when raising children with ADHD anxiety and other complex conditions and how to guide them on a path to a healthy happy well adjusted life A wake up call a clear guide for action and a message of inspiration this book provides a reality based recipe for how to do a masterful job of raising complex kids while not making yourself or your family crazy in the process ADHD parenting expert Elaine Taylor Klaus founder and CEO of ImpactADHD com will walk you through her proven coach approachmethod which shows all parents in simple steps how to identify challenge areas and how to use critical response toolsto parent simply clearly and effectively for everyone s benefit It doesn't much matter if your child has ADHD or anxiety or learning disabilities or sensory processing or ODD or autism or depression or separation disorder or celiac disease or food allergies for that matter All that really matters is this your child is complex because there is a chronic medical condition or several that he or she or they need to learn to manage for themselves in order to be successful in life A coach approach will help you communicate collaborate and guide your kids on their path to independence Here are some of the challenge areas addressed inside and the coach approach method for working through them Challenge Feeling Like You ve Tried Everything Coach Approach Letting Go Challenge Fearing for the Future Coach Approach Parenting from Inspiration Not Desperation Challenge An Unhappy Home Coach Approach No One Gets to Be Wrong The Benefits of Positivity Challenge Overwhelm Is Keeping You Stuck Coach Approach Focusing on What's Most Important Once you learn the coach approval model it can be applied to any situation in fact the more you use it the easier it all becomes Constant battles don't have to be part of your daily life With The Essential Guide to Raising Complex Kids you can all learn to thrive

Taking Charge of ADHD, Third Edition Russell A. Barkley,2013-04-15 This book has been replaced by Taking Charge of ADHD Fourth Edition ISBN 978 1 4625 4267 3 Smart But Scattered Peg Dawson,Richard Guare,2009-01-01 Presents advice for parents of children who lack basic executive skills providing strategies to help children become organized increase concentration follow instructions be persistent and complete homework and chores on time Working memory and

executive functions in children of parents with...... The Incremental Validity of Parent-reported Executive Functioning in Attention-deficit/hyperactivity Disorders and Reading Achievement Ilayna Krysten Mehrtens, 2018 Executive Function Playbook in Action Michael McLeod, 2026-01-13 An effective collection of worksheets activities tools and resources for the parents and teachers of young people with ADHD The Executive Function Playbook in Action Activities and Strategies to Support Kids with ADHD is the ultimate hands on guide for parents and educators working with students to improve their executive function skills Instead of focusing exclusively on external strategies this companion workbook to The Executive Function Playbook takes a groundbreaking approach that shows parents and practitioners how to help young people build self regulation self motivation and independence The resources contained in this workbook help parents and educators walk students through the steps they can take to improve their planning organization and time management abilities They II learn how to complete tasks independently and reduce their reliance on frequent external prompts and interventions to help them get things done The Executive Function Playbook in Action is focused on long term success helping anyone who works with young people with ADHD build on initial accomplishments to generate lasting improvements to executive function skills Inside the book Step by step instructions for parents and professionals who need to plan lessons group work and individual student work Student assessment and self assessment tools that highlight progress and identify specific areas for improvement Practical evidence based exercises covering self awareness self regulation self motivation self evaluation social executive function screentime and verbal and non verbal working memory Chapters on authoritative parenting college success and strategies for common failure to launch setbacks Filled with practical resources for adults working with youth with ADHD The Executive Function Playbook in Action is an invaluable collection of worksheets activities strategies and walkthroughs designed to make a concrete difference in the lives of young people with ADHD and the people who work with and care for them C-bat for Parents of ADHD Children John N. Marr, 2014-12-29 Parents of ADHD children are often overwhelmed by the demands of their children's needs and require extra assistance themselves And while some very insightful books and programs written specifically for parents of ADHD children do exist these materials are often either too limited in scope or require too many additional resources to be considered particularly helpful But now C BAT for Parents of ADHD Children bridges the gap with its innovative cognitive behavior attention training C BAT program which has a proven track record of success with over two hundred children In the text author and professor John N Marr PhD presents unique procedures specifically designed to teach parents how to train children diagnosed with ADHD to use the executive functions of their brains a key method that other resources do not address Developed to treat the impulsivity attention self control and oppositional issues often associated with ADHD the program also includes methods for teaching self talk self reinforcement and self control Tested and proven to increase attention at home and at school C BAT is a vastly superior cognitive behavior training program that parents can immediately begin putting into practice The sooner you begin the

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