

## What is Executive Function?

- ♦ Executive function (EF) is a set of mental skills that include working memory, flexible thinking, and self-control.
- ♦ We use these skills every day to learn, work, and manage daily life.
- ♦ Some people describe executive function as "the management system of the brain."

### EXECUTIVE FUNCTIONING



[www.advantagelarningcenter.com](http://www.advantagelarningcenter.com)

- ♦ Executive function is responsible for many skills, including:
  - paying attention
  - organising, planning and prioritising
  - starting tasks, staying focused and completing
  - understanding different points of view
  - regulating emotions
  - keeping track of what you're doing

## How they might affect my child?

- ♦ When people struggle with EF it impacts them at home, in school, and in life.
- ♦ Children and young adults with a learning disability such as Autism and/or ADHD may find it difficult to develop some of the EF skills and may have an Executive function dysfunction.
- ♦ EF can cause challenges on yours and your child's day to day life because it feeds into everything we do in our life.
- ♦ Challenges in developing these skills might make progress at school more difficult.
- ♦ Adolescents who struggle with EF often have a difficult time reaching independence and making plans for the future.
- ♦ The good is that children are still developing skills well into their 20's. That means that there is a lot of time to help them grow and develop specific procedures they can use to help them in the areas they are most challenged.

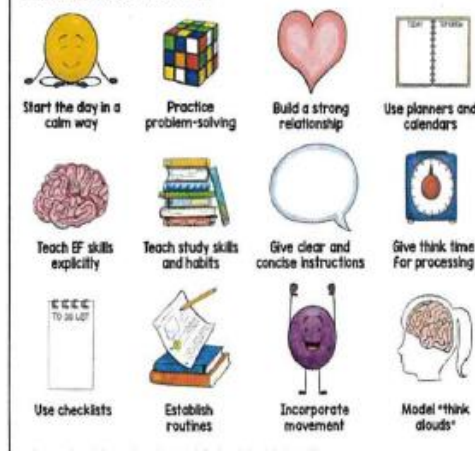


## How Meadowfield will provide support?

- ♦ We want your child to be prepared for adulthood to the best of their ability. Improving EF skills will improve relationships, Well-being, confidence, resilience, independence and much more.
- ♦ EHCP target for Cognition and Learning will focus on EF skills across a year so that your child improves in this area to become more independent and progresses in all areas of the curriculum.
- ♦ All staff will be trained in understanding how these skills impact future learning and preparation for adulthood so that the best support for your child can be implemented.

### Strategies For Kids With Executive Functioning Challenges

[www.thepathway2success.com](http://www.thepathway2success.com)





### What can I do to help?

- ♦ Watch this video to better understand and find out more;  
  
<https://www.youtube.com/watch?v=6NehuwDA45Q&t=17s>
- ♦ Use visual supports to teach organisation. E.g. pictures of what goes in the school bag so they can learn to pack it themselves.
- ♦ Break down tasks into smaller parts. E.g. Getting ready for school can be broken down into individual tasks with visual supports.
- ♦ Have clear spaces where things go which are labelled with pictures.
- ♦ Try not to come to the rescue. Give your child a chance to complete a task, like packing their school bag on their own.
- ♦ Set aside lots of time to practice. Give them plenty of time and more time. Although allowing them to complete tasks may take longer, you are supporting them to learn, take responsibility and become independent.
- ♦ Don't be hard on yourself. There are always opportunities to practice, no need for extra stress if you are pressed for time.

### Where can I find more information?

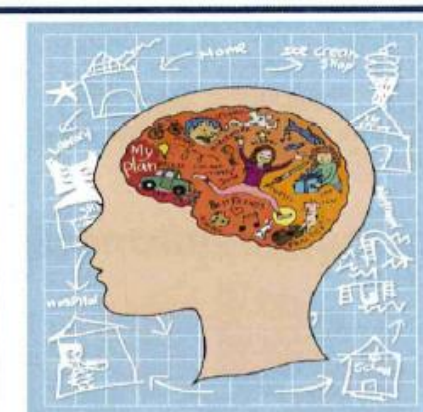
- ♦ <https://www.understood.org/articles/en/what-is-executive-function>
- ♦ <https://autismawarenesscentre.com/executive-function-what-is-it-and-how-do-we-support-it-in-those-with-autism>



For further reading:

*Autism and Everyday Executive Function – A Strengths-Based Approach for Improving Attention, Memory, Organization and Flexibility*

*Executive Function “Dysfunction” – Strategies for Educators and Parents*



**Executive function  
Parent information**



**We Are All Special Here**