



*Learn how to support
the development of
all aspects of
executive function
at home*

EXECUTIVE FUNCTION WORKSHOP FOR FAMILIES

The content of executive function (EF) family workshops is focused both on the caregivers and the students. First, Dr. Jenn guides caregivers through the process of becoming more aware of their own EF skills, including how to manage and develop them. This allows adults to better support their children as they go through the process of managing their EF skills. Next, adults learn how EF skills show up in children. Finally, adults learn how to help their children by co-creating plans with them to help them manage and develop their own EF skills.

So often, schools only talk about organization in relation to executive function, but that's just one small part of helping children be successful. There's so much more to know about how to help children develop robust executive function skills!

EF SELF-AWARENESS FOR CAREGIVERS

- Introduction to the 12 distinct elements of EF.
- Self-survey prompts reflection on adult's own EF strengths.
- Further learning about the 12 elements of EF.
- Learn how to strengthen their weaker EF skills.
- Learn how to keep their strongest EF skills from going into overdrive.
- Develop plans for how to better manage their own EF skills.

EF INFORMATION ABOUT THEIR CHILDREN

- Survey reflecting on children's EF strengths.
- Learn how to help children strengthen their weaker EF skills.
- Learn how to help children keep their strongest EF skills from going into overdrive.
- Develop plans for how to help children better manage their EF skills.

**Reach out to Dr. Jenn to discuss how to
increase families' knowledge and expertise
in
EXECUTIVE FUNCTION!**