

Resources on Planning for Parents



Having the ability to plan one's actions to achieve a goal is an important skill for children and adults. Expertise with planning will be incredibly beneficial to a child's social, cognitive, and career development as they mature. Planning helps kids in completing schoolwork, arranging a time with friends, and getting things done.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants is committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve their planning skills. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns about planning. Check out the links below.

Articles

[20 Time Management Tips](#)

Time management is an important aspect of planning. This

article will provide some great tips on ways to manage your time living an adult lifestyle.

[Party Planning](#)

You can help your child build important executive functions by letting them plan a party for any event. A great activity for parents and kids!

[How Planning skills can help with school work](#)

This article explains the vital role of planning in education. Planning leads to better study skills and grades in school, this article is definitely worth the read.

[How to Tell if Your Child Has Poor Planning Skills](#)

A great article that lists some common traits children with poor planning has. This article can help identify if your child should actively seek to better their planning skills.

Apps

[Google Tasks](#)

An easy to use app that links with your Google account to work alongside Gmail. A great app to set reminders and record notes, a great way to start planning more efficiently.

[TODOIST](#)

One of the best apps if you want to make a to-do list. This app lets you set due dates for your tasks and can also link with your google account or facebook.

[WunderList](#)

Another super user-friendly app that works to enhance planning by providing numerous different forms of to-do lists. This app also lets you set reminders and connect with colleagues through your device.

[Bear](#)

This app does a great job of integrating a lot of different features into a simple note-taking app. You can make a grocery

list, use images in your notes and much more.

Video Games

[Hearthstone](#)

A great card game that requires the foresight to plan out what cards will be in your deck. Better planning can be the difference between winning and losing. A great free to play game for teenagers and adults

[Minecraft](#)

This super popular sandbox game has endless opportunities for exploration and creation. This game requires you to plan out what item you are taking with you when you go exploring or when you are trying to build your new home base. For the more advanced players, there is a lot of Mods that this game supports. This game is great for learners of all ages

[Smite](#)

This multiplayer base defense game lets you work in a team to stop the enemy team from destroying your base. Plan what items and skills you will get to best take out the enemy players and destroyed their base before they get to you. This game is great for teenagers and adults.

[League of Legends](#)

This super popular fast-paced online game lets you fight it out five vs five in an arena with the goal of destroying the enemy's nexus. It's your job to get gold and experience to blow through the enemy's defense. With proper planning and teamwork, it should be no problem. Great for teenagers and adults.

[Duelyst](#)

This live-action strategy game allows players to select what units they will have control of and strategically place their pieces around the field. Proper planning is vital in this style of game so go out there and have some fun. Great for

teenagers and adults.