

# Videos for Parents for Executive Functions

Many kids have figured out that one of the best ways for them to learn about their world is by watching videos. Going to YouTube or other video channels can be incredibly informative if you want to learn how to fix something in your house, get the most out of your new cell phone, or to learn about executive functions.



Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens improve executive functioning. 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 regarding executive functioning. Come back regularly, as the links are updated frequently.

## Videos for All Ages

### [Executive Functions Superheroes](#)

This is a short video about EFs that could be applied in the elementary school classroom setting. *Recommended for all ages.*

### [Executive Functioning: Definition and Strategies for Success](#)

A very informative slide show that addresses many specific

strategies including task persistence. This video includes specific strategies that address issues such as organization, task persistence, task initiation, time management, and planning. *Recommended for teenagers, parents, and teachers.*

## Videos for Adults

### [Executive Functioning](#)

A short video on executive functions with well explained key concepts. *Recommended for parents and teachers.*

### [Executive Function Skills](#)

A lengthier video featuring Ellen Galinsky, author of *Mind in the Making*. This video is very informative and explains the concepts of EFs in an easy to understand way. *Recommended for parents and teachers.*

### [What are Executive Function Skills?](#)

A short 5-minute coaching video of executive functions from Beyond Booksmart. *Recommended for parents and teachers.*

### [InBrief: Executive Function: Skills for Life and Learning](#)

Describes the importance of practicing EFs. This video also explains how EFs use working memory, flexibility, sustained attention, regulation of affect, task persistence, response inhibition, and metacognition. *Recommended for parents and teachers.*

### [Working Memory and Learning](#)

This video defines working memory and provides strategies that can help children improve these skills. *Recommended for parents and teachers.*