

4 Interesting Videos for Parents About Improving Children's Executive Functioning Skills By Professionals



Parents looking for guidance when it comes to improving their children's executive functioning skills may be overwhelmed by all of the information available to them on the internet, so where do you begin? A good place to

start is finding resources by professionals, and Youtube videos are a great way that professionals provide their expertise and knowledge. What's great about watching videos is how easily accessible they are and how easy they are to add into your daily routine. Finding time in your busy day as a parent for researching and reading can be difficult, but throwing a video on while you make dinner or get dressed for the day is so simple. One thing that professionals make videos about for parents is executive functions. Executive functions include skills like organization, time management, planning, flexibility, working memory, and focus. Videos by professionals often outline what executive functions are and offer guidance to parents on how to help their children's executive function skills grow.

Our teams at South County Child and Family Consultants and lw4k.com are always on the lookout for the newest information to help kids with ADHD, Learning Disabilities, Autism, Anxiety, Depression, and Executive Functioning difficulties. Videos on executive functions are one of the more useful tools

that we have found. In our offices, we provide comprehensive neuropsychological evaluations of children, teens, and college students. But beyond the confines of the office, we are well informed of the latest research and technologies that can help kids with social-emotional, attention, and learning problems. Check out our other posts to learn more about the latest innovations to help these kids.

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- ["TedTalk: How Your Brain's Executive Function Works- And How to Improve It"](#) by [Sabine Doebel](#)

This TedTalk shows the difficulties of teaching executive functioning skills to children and how context matters when it comes to teaching. With this, she tells how she has found that children do not have poor executive functioning skills overall and that the context can be telling in how effectively they are using their executive functions. She also mentions in which situations children are most effective at using them. Finally, she uses this information to tell how you, a parent, can change the context to help the child effectively use their executive functioning skills.

- ["Executive Function Skills for Kids- What is Executive Functioning and How Can Kids Improve?"](#) by Heather Sossoman

This video does a very thorough job of describing in detail what each executive function is and examples of times you or your child uses them. At around minute 7:40, [Heather Sossoman](#), a physical therapist and mom of 3, describes tons of different unique ways for parents to help their children work on and develop executive functioning skills.

- YouTube Channel: "[The Executive Function Show](#)" by Seth Perler

[Seth Perler](#) is a former educator and now has dedicated his life to being an Executive Functioning Coach, sharing his expertise for parents, teachers, and even professionals. Below are a few videos of his that can be beneficial for parents, such as tips for organizing, what to teach young kids about executive functions, and more.

- "[My Best Organizational Tip Ever](#)"
 - "[Teaching Executive Functions to Small Children](#)"
 - "[Are There Good Apps for Executive Functions? Parents & Teachers Want to Know](#)"
- "[6 Executive Function Strategies That Really Work for People with ADHD](#)" by Marta Jones with [The Spiral Lab](#)

Executive functioning weakness is commonly seen in children and people with ADHD. While this video talks a lot about how these executive functioning skills are a piece of people's ADHD experience, the information in this video is not limited to people with ADHD. If your child is experiencing an executive function weakness but they have not been diagnosed with ADHD, this video can still be beneficial.