

4 Thoroughly Informative Podcasts About Executive Functioning For Parents



One of the best ways to improve executive functioning skills in your child is to learn what other parents and experts are suggesting. For busy parents, sitting down to read a book, such as [Dr. Kulman's Playing Smarter in a Digital World](#), may require too much time and attention. However, listening to a podcast while driving the kids back and forth to practice or going to work every day may be a great fit. Given the proliferation of podcasts over the past 5 years, there are experts, parents, and educators sharing their knowledge on a variety of topics. On the issue of executive functions, there are many ongoing podcasts that we can recommend. These focus on a broad range of topics within parenting and executive functioning, so we have recommended episodes of where to begin. Also take a look at other episodes of these podcasts to find something more tailored to your child and their executive functioning skills.

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. Podcasts on executive functions are one of the more accessible

tools that we have found. In our offices, we provide comprehensive neuropsychological evaluations of children, teens, and college students. 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 children grow.

4 Thoroughly Informative Podcasts about Executive Functioning:

- [“The Sensational Kids Show”](#) by Aniesa Blore

The Sensational Kids Show is a podcast by [Aniesa Blore](#), an occupational therapist with a focus on pediatrics and sensory processing. This podcast is for parents about empowering children and how parents and guardians can help care for them and teach them. Many episodes of this podcast will be useful for parents that have children that struggle with executive functioning skills, but one episode we recommend is the [“Executive Functioning Episode.”](#) This episode is about how crucial executive functioning is to development, and how to overcome executive functioning weaknesses with routines.

- [“The Personal Brain Trainer Podcast: Embodying Executive Functions”](#) by Dr. Erica Warren

This podcast, hosted by [Dr. Erica Warren](#), takes the scientific and difficult to understand definitions and research of executive functions and translates them into common terms and situations real parents can understand. It does a great job of teaching parents exactly what is happening in the mind and how to improve executive functioning skills. We recommend listening to this podcast from episode one and on, but an episode that gives you a good taste of what the podcast is about is episode 9: [“Strategies to Help Improve Executive Function Skills.”](#) This specific episode is about how a structured daily routine, exercise, thinking out loud,

interactive games, and more can help build executive functioning skills.

- [“Taking Control: The ADHD Podcast”](#) by Nikki Kinzer and Peter Wright

This podcast is by Nikki Kinzer, a professional certified ADHD coach, and Peter Wright, an adult diagnosed with ADHD. This podcast talks a lot about ADHD, what someone with ADHD experiences, and strategies to make dealing with ADHD a bit more manageable. One episode of this podcast we recommend listening to is about the executive function of organizing, titled, [“Organizing for ADHD.”](#) While this is directed toward people with ADHD, this episode can be helpful for anyone struggling with the executive functioning skill of organizing.

- [“Parenting With Impact”](#) by Elaine Taylor-Klaus and Diane Dempster, featuring Brittany Brousseau

This podcast by Elaine Taylor-Klaus and Diane Dempster is about parenting and how parents can help guide children throughout their lives to become capable and independent adults. One episode of this podcast that we recommend specifically is with Brittany Brousseau, an ADHD life coach, where they discuss not only how parents can help their neurodivergent children, but how to get children interested in their brain and how it works so they can help themselves. This episode is titled [“Helping Kids Make Sense of How Their Brains Work.”](#)