

5 Interactive and Informative Facebook Groups About Executive Functions for Parents

Parents are depending on Facebook these days for a multitude of reasons, so why not also use it to learn more about your child's executive functioning difficulties? When we think of Facebook we think of sharing our biggest moments with our



friends and family, and maybe even watching funny videos or seeing funny images. However, there are lots of educational groups on Facebook, especially ones about executive functions! These groups consist of professionals sharing their research and expertise, parents asking questions and sharing what works for their children, and even adults that struggle with executive functions describing what has helped them. Joining these groups allows parents to have this information at their fingertips, on an application they use daily, so you do not have to be overwhelmed going out of their way to sift through all of the information on the internet.

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. Facebook groups 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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- [“Executive Function Support Group for Parents”](#) by Connections in Mind

This group is run by [Connections in Mind](#), which is a group of executive functioning coaches and specialists. In this group, parents discuss tips and advice that the Connections in Mind professionals share (through posts in the group and webinars), and parents can also ask for specific tips and advice from other parents.

- [“Parents who want to improve their kids’ Executive Functions”](#) by Benjamin Mizrahi

This group is very diverse and provides all kinds of information and resources for parents to help them get to know their children and how to help them. Parents can ask for advice from other parents, and articles and YouTube videos with plenty of information and resources are posted by the admins.

- [“Executive Function Disorder \(EFD\)”](#)

This EFD group consists of parents, professionals, and people with executive functioning struggles who have come together to discuss executive functioning skills. This group discusses parenting struggles, handling organizational challenges, advice and tips, and questions from the newly diagnosed. Not only is it for parents with children that struggle, but for adults that struggle too who can answer questions about their childhood and what works for them in their adulthood.

- [“Executive Function Support Group”](#) by Seth Perler

[Seth Perler](#) creates so many resources for parents, teachers, professionals, and anyone interested in developing and learning about executive functioning difficulties. Specifically, his resources include ways that the adults in children’s lives can support the children’s executive functioning difficulties. We strongly recommend his page and resources to parents!

- [“Executive Functions For The Everyday-Support Group \(Teens & Adults\)”](#) by Teachers Pay Teachers’ Thuy Truong

This Facebook Group is monitored by [Teachers Pay Teachers](#) executive function expert, Thuy Truong. Not only is Thuy an executive function expert, he is also a college instructor and an experienced high school English teacher. To this group, Thuy uploads super informative clips discussing what executive functions are and provides solutions for challenges, and when you sign up you are sent a free executive functions checklist!