

Parenting Resources for Executive Function Support: Addressing ADHD and Beyond

Executive functions are essential mental skills managed by the prefrontal cortex, a key area of the brain. These skills are the foundation for critical thinking, allowing us to analyze information effectively and make sound judgments. In addition, executive functions enable self-regulation, allowing us to manage our emotions, impulses, and actions. From setting goals and making decisions to planning, organizing, and managing time, these skills are crucial for navigating daily life. Flexibility, focus, self-awareness, self-control, and working memory are all vital components of this essential skillset.

At South County Child and Family Consultants, our team of dedicated neuropsychologists, school psychologists, and psychology students is committed to providing families with valuable resources to support executive function development. We curate practical tools and evidence-based information from reputable sources to help children, teens, and parents facing challenges related to ADHD, learning disabilities, executive functioning difficulties, social-emotional learning struggles, autism, depression, and anxiety. We believe in empowering families with knowledge and strategies to foster these essential cognitive skills. Additionally, we provide information on the benefits of neuropsychological evaluations in identifying and addressing executive functioning concerns. Visit us regularly for updated resources and information.

This article lists valuable resources for parents who want to learn more about executive functioning skills and how these

skills impact their children, particularly those with ADHD. Learning about executive functions is especially crucial for parents of children with ADHD, as these children often face significant challenges in this area. By understanding the specific executive function skills their child struggles with, parents can better comprehend their behaviors, anticipate challenges, and implement targeted strategies. This knowledge empowers parents to advocate for their child's needs at school, collaborate effectively with educators, and create a supportive home environment that fosters the development of these essential life skills.



Here are 5 websites/organizations known for their reputable resources on executive functions for parents:

1. [CHADD](#) (Children and Adults with Attention-Deficit/Hyperactivity Disorder): CHADD is a leading resource on ADHD, and their website offers a wealth of information on executive functions, strategies, and support for both parents and educators. This page includes resource tips, podcasts, online communities, trainings, and more.
2. [Understood Learning](#): Understood provides comprehensive

information and resources on learning and attention issues, including executive function difficulties. They offer articles, tips, podcasts, videos, and expert advice specifically for parents. Try using their AI search option for exactly what you need.

3. [Smart Kids with LD](#): This organization provides information and support for parents of children with learning disabilities and ADHD. They have a dedicated section on executive functions with articles, tips, and resources, just search the phrase “executive functions” to find the resources!
4. [ADDitude Magazine](#): ADDitude is a magazine and online resource specifically for ADHD. They offer a wide range of articles, expert advice, and personal stories related to executive functions and strategies for managing them. Linked above is to the Parenting Resources page which has general ADHD parenting resources, and linked [here](#) is to the Executive Functions page.
5. [Learning Works for Kids](#): This website, run by Dr. Randy Kulman, a doctor of clinical child psychology, offers a wealth of evidence-based information and resources on executive functions. Parents can find articles, videos, and practical tips on supporting their child’s executive function development, with a particular focus on strategies that strengthen the prefrontal cortex. Check out their executive functioning courses for kids [here](#) to help them develop skills with games they already enjoy!

Executive function skills are crucial for success in school,

at home, and in life, and this article has provided a starting point for understanding these essential cognitive abilities. For parents seeking to further support their child's executive function development, the resources provided by CHADD, Understood, NCLD, Smart Kids with LD, ADDitude Magazine, and Learning Works for Kids offer a wealth of valuable information and practical strategies. Remember, you don't have to navigate these challenges alone. At South County Child and Family Consultants, our team is dedicated to partnering with families to provide personalized support and guidance. Visit our website to learn more about executive function evaluations, evidence-based interventions, and the resources available to empower your child's success.