Factsheets & Patient Handouts by Topic

Our most up-to-date resources may also be found at Materials for Physicians Materials for Clinicians

Factsheets and Handouts

Please click on each topic below for a print-able pdf handout. SCCFC encourages you to share these documents freely. A detailed description of the many ways you can utilize these materials can be found **here**. You may customize these handouts for your professional practice, however, we ask that you please leave our identifying footer intact.

- **ADHD: An Introduction**
- **Combined Type**
    - **Inattentive Type**
    - **Hyperactive-Impulsive Type**
    - **School Concerns**
    - **Alternative Views**
    - **Alternative Treatment**
- **Anxiety**
- **Asperger's Syndrome**

- Autism
- Death and Dying
- Depression
- Digital Technologies and Your Children
- Digital Technologies and Executive Functions
- Digital Technologies and Academic Skills
- Divorce
- Dyscalculia
- Dysgraphia
- Dyslexia
- Eating Disorders
- Executive Functions-Introduction
    - Flexibility
    - Goal-Directed Persistence
    - Metacognition

- Organization
- Planning
- Regulation of Affect
- Response Inhibition
- Social Thinking
- Sustained Attention
- Task Initiation
- Time Management
- Working Memory

- Exercise Benefits

Healthy Living Guidelines

- Exercise
- Enjoy Nature
- Think Positive
- Sleep Well
- Be Social

Homework

- Motor Skills
- Nonverbal Learning Disorders
- Nutrition
- Play Diet
- Pervasive Developmental Disorder
- Relaxation and Stress Management- Introduction
    - Controlled Breathing
    - Mindfulness
    - Muscle Relaxation
    - Relaxation Response
    - Sensory Integration Disorder (SID)
    - Speech and Language Disorders
    - Tourette’s Syndrome
    - Why Parents Need to Know about Technologies
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