

# 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](#)
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- [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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