

# 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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