

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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