Executive Functioning Strategies to Empower Your Child

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What gets in the way of student success?

Introduction to Executive Functions

Last to develop
Do You Know This Teenager?

Parent Coaching Tips

Know Your Child’s Learning Styles
Use Positive Reinforcement
Offer Gentle Redirection
Create Awareness
Provide Structure
Physical Activity/Brain Gym
Buddy Up
• Post a family calendar listing everyone’s tasks and appointments.
• Remember to assign chores/tasks to all children.

• Set up a study area away from distractions and set specific homework times.
• Build in “break times” during long homework assignments. Use a timer.

Avoid Morning Chaos
• Get everything “ready to go” for school and work the previous night.
• Include homework, book bag, projects and lunch. Consider choosing clothes for the next day, too.
• Place your laptop, briefcase and gym bag in the same place.
Organizational Skills

Encourage your child or teen to organize in a way that works with his/her learning style:

- Visual
- Auditory
- Kinesthetic

This is not a one-size fits all system!

Suggestions

- Color-coding
- Checklists
- Post-it Notes
- One binder with dividers
- Trapper Keeper to catch loose papers

Use frequent praise to build confidence & self-esteem

Substitute “I am proud of you” with “Wow, look what YOU accomplished” or “You must feel proud of yourself!”
Middle/High School

- Make a written contract with your teen
- Keep goals reasonable and attainable
- Focus on what the teen WILL do versus WILL NOT do.

Help your teen devise a calendar that includes both daily and long-term assignments.
- This will help with thinking ahead and prioritizing.

Encourage frequent review and tossing of old papers not needed for future tests or reports.
- Set small goals such as a 15-minute pickup each day.
- Applaud your teen's effort! It is hard to "let go" of personal items.
What’s Really Important?

Listen to your Teen
Ask Open-Ended Questions

• When “coaching” your child or teen, provide guidance, encouragement, positive support and praise.
• Just remember NOT to do their work for them.
Recommended Books

• Brooks & Goldstein. Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child. 2001
• Brown, Thomas. Attention Deficit Disorder: The Undisciplined Mind in Children and Adults. 2005
• Dawson & Guare. Smart but Scattered. 2009
• Dawson & Guare. Smart but Scattered Adult. 2010
• Glasser & Nadeau. Learning to Feel Good and Stay Cool. 2011
• Ratey, Nancy. The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tools and Tasks. 2008
• Sleeper-Triplett, Jodi. Empowering Youth with ADHD: Your Guide to Coaching Adolescents and Young Adults for Coaches, Parents and Professionals. 2010
• JST Coaching, LLC
International Coach Federation (ICF)
Children and Adults with Attention Deficit Disorder (CHADD)
ADHD Coaches Organization (ACO)
ADDvance
ADD Warehouse
Attention Deficit Disorder Association (ADDCA)
ADDitude Magazine
Edge Foundation
Messies Anonymous
National Association of Professional Organizers (NAPO)

Websites of Interest

www.jstcoach.com
www.coachfederation.org
www.chadd.org
www.add ADHD.org
www.addvance.com
www.addwarehouse.com
www.add.org
www.additude.com
www.addfoundation.org
www.messies.com
www.napo.net
Thank You
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