Understanding the Social Aspects of Executive Functioning Problems
Alexandria City Public Schools
Parent Resource Center
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Delayed Development of Executive Functions

Areas of Focus
- Resiliency
- Self-Regulation
- Self-Awareness
- Self-Confidence
Resiliency

According to the Encarta Dictionary:

“Resiliency is the ability to recover quickly from setbacks.”

What Do Students with ADHD Need to Become More Resilient?

Self-Regulation

- Research consistently shows that self-regulation skill is necessary for reliable emotional well being.
- Behaviorally, self-regulation is the ability to act in your long-term best interest, consistent with your deepest values.
- Emotionally, self-regulation is the ability to calm yourself down when you’re upset and cheer yourself up when you’re down.
Dr. Russell Barkley and Self-Regulation

http://tinyurl.com/Russ-Barkley-Self-Regulation


Self-Awareness

- Appropriate vs. Inappropriate Behaviors
- Interrupting/Blurring
- Yelling/Pushing
- Boundaries/Personal Space
- Asking vs. Telling
- Impulsivity and Risk Taking – connects to self-regulation
- Immaturity/Age Appropriate Behavior

Self Confidence

- Support
- Tools
- Strategies
- Experience Success
- Repeat Success
- Positive Self-Image
- Self-Directed Praise
What Can You Do to Help Your Child?

Non-Judgmental Conversations
- Be curious
- Would you be willing to tell me what happened?
- What could you do differently?
- Imagine that You were the other person?
- Role playing

Strategies
- Play dates
- Focused activities
- Encourage next steps without hovering
- Offer ideas and enlist your child’s buy-in
- Work with a coach, behavior therapist, or counselor

Group Discussion and Questions
Books

• Brown, Thomas. Attention Deficit Disorder: The Unfocused Mind in Children and Adults. 2005
• Brown, Thomas. Smart but Stuck. 2014
• Cooper-Kahn & Dietzel. Late, Lost and Unprepared: A Parents' Guide to Helping Children with Executive Functioning. 2008
• Dawson & Guare. Smart but Scattered. 2009
• Dawson & Guare. Smart but Scattered for Teens. 2013
• Haining & Weiss. From Chaos to Calm. 2001
• Sleeper-Triplett, Jodi. Empowering Youth With ADHD: Your Guide to Coaching Adolescents and Young Adults for Coaches, Parents and Professionals. 2010
• Whitworth, Kimray-House, Sandahl. Co-Active Coaching. 2011 3rd Ed

Websites

JST Coaching, LLC
Edge Foundation
International Coach Federation (ICF)
Children and Adults with Attention Deficit Disorder (CHADD)
ADHD Coaches Organization (ACO)
Dr. Thomas Brown ADDvance
Attention Deficit Disorder Association (ADDAA)
ADDitude Magazine
Edge Foundation
Messies Anonymous
National Association of Professional Organizers (NAPO)

www.jstcoach.com
www.Edgefoundation.org
www.coachfederation.org
www.chadd.org
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