

Slide 1

**Charting the Cs**  
Cooperation, Communication, Collaboration

**Partnering with Parents to Support Executive Function**

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**Introduction and Background**

<b>Professional</b>	<b>Personal</b>
<ul style="list-style-type: none"><li>• Next Steps Consulting</li><li>• Autism Society of Colorado</li><li>• Temple Grandin School</li><li>• University of Colorado</li><li>• Preschool Teacher, Private &amp; Public</li></ul>	<ul style="list-style-type: none"><li>• Midwest origin</li><li>• Colorado 20+ years</li><li>• Family</li><li>• Giving back</li><li>• Relationships</li></ul>

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**Partnering with Parents Overview**

- Parents as Partners
- Educate Parents
- Support Parents
- Resources




## Slide 4

**Parents as Partners**

Begin by acknowledging that parents are the experts on their child.


- Build a relationship
- Always assume positive intent
- Parents have valuable information
- Knowledge of executive function
- Apple / Tree

An orange line-art icon depicting a family of four (two adults and two children) with a heart shape below them, symbolizing family and care.

## Slide 5

**Educate to Increase Parents' Understanding**

- Define executive function in plain language
- Executive function is not one thing, it is many things
- Executive function at school
- Executive function at home

An orange line-art icon showing two human heads in profile facing each other, with a checkmark inside a circle above the space between them, representing education or understanding.

## Slide 6


**Define Executive Function for Parents**

- Demystify executive function
- It is how we get stuff done
- It's how our brain gets us ready to complete a task and then follows through to complete it
- It helps us jump from wanting or needing to do something to completing it
- It has been described as "how to adult"
- Explain what executive function challenges are not.
  - *"Executive function challenges are often mistaken for disobedience, laziness, defiance, or apathy."*—Chris Zeigler Dendy

## Slide 7

**Define Executive Function for Parents continued**

- Executive function is not one brain function but many, working together
  - Plan and organize
  - Initiate
  - Monitor
  - Inhibit
  - Working memory
  - Emotional regulation - important




## Slide 8

**Executive Function: Home vs. School Considerations**

Home/School


- At-home routines/School day structure
- Homework
- Getting ready/Returning home
- Relationships
- Rest, stress and meltdowns
- Friends



## Slide 9

**Navigating Executive Function Topics**

- Understanding executive function
- Establish 1-2 executive function priorities
- Emotional regulation - important
- Homework/Independent work
- Time – Where does it go?
- Organization – Trash or Treasure?



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**Parent Access to Executive Function Resources**

Where are they?	How to disseminate?
<ul style="list-style-type: none"><li>• Informational Websites</li><li>• YouTube</li><li>• Podcasts</li><li>• TED Talks</li><li>• Books</li><li>• Conferences</li><li>• Social media/#executivefunction</li></ul>	<ul style="list-style-type: none"><li>• Teacher's webpage</li><li>• Class/school newsletter</li><li>• Parent book club</li><li>• School/classroom posters</li><li>• Invite an executive function speaker</li></ul>

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**5 Great Executive Function Parent Resources**

1. Seth Perler
2. Sarah Kesty
3. Unstuck and On Target Parent/Caregiver Videos
4. Analog Visual Timer/360 Time Tracker App
5. Understood.org



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**Charting the Cs**  
CHARTING THE COURSE TO SUCCESS FOR CHILDREN WITH CHALLENGING BEHAVIOR

**Thank you!**

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