



# Partnering with Parents to Support Executive Function

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# Introduction and Background

## Professional

- Next Steps Consulting
- Autism Society of Colorado
- Temple Grandin School
- University of Colorado
- Preschool Teacher, Private & Public

## Personal

- Midwest origin
- Colorado 20+ years
- Family
- Giving back
- Relationships

# Partnering with Parents Overview

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



# 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



# 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

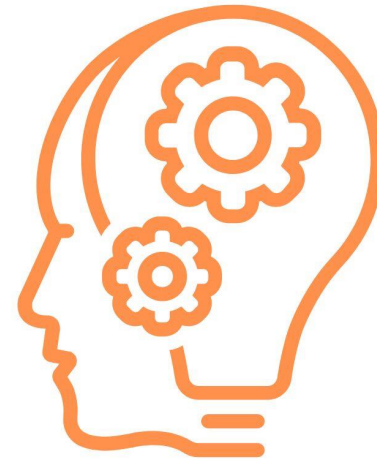


# Define Executive Function for Parents

- 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

# 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



# Executive Function: Home vs. School Considerations

## Home/School

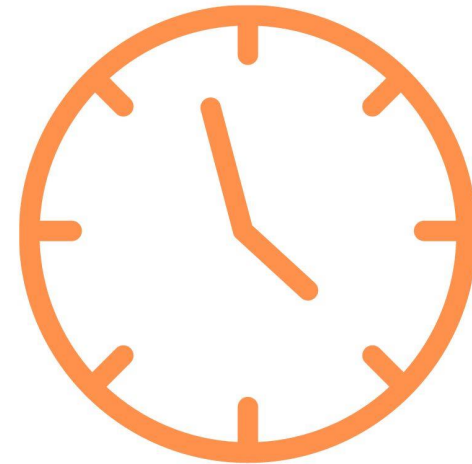
- At-home routines/School day structure
- Homework
- Getting ready/Returning home
- Relationships
- Rest, stress and meltdowns
- Friends





# 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?



# Parent Access to Executive Function Resources

## Where are they?

- Informational Websites
- YouTube
- Podcasts
- TED Talks
- Books
- Conferences
- Social media/#executivefunction

## How to disseminate?

- Teacher's webpage
- Class/school newsletter
- Parent book club
- School/classroom posters
- Invite an executive function speaker

# 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





**Thank you!**

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