

Parental Resources for Executive Functioning

- *Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential* by Peg Dawson, EdD, and Richard Guare, PhD
 - For parents of 4-to-13-year-olds
 - Motivate your child and problem-solve issues in daily routines
- *Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential* by Richard Guare, PhD, Peg Dawson, EdD, and Colin Guare
 - For parents of 14-to-19-year-olds
 - Motivate your teen to promote independence and self-sufficiency
- *Scattered to Focused: Smart Strategies to Improve Your Child's Executive Functioning Skills* by Zac Grisham, MS, LPC-S, ADHD-CCSP
 - For parents of 4-to-12-year-olds
 - Actionable strategies to build needed skills for both home and school
- [A Guide to Executive Function](#) from the Center on the Developing Child at Harvard University
 - Executive Function 101
 - The Science of Executive Function
 - Building Executive Function Skills
- [Executive functioning issues](#) on Understood.org
 - Non-profit organization targeted to families of children with learning differences
 - Resources on a variety of topics including learning disabilities, ADHD, processing issues
- [Cognitive Connections](#) with Sarah Ward, M.S., CCC-SLP; Natalie Ross, M.S., CCC-SLP; Kristen Jacobsen, M.S., CCC-SLP; & Amy Annable, M.Ed.
 - Speech/Language Pathologists and Special Educators who specialize in evaluating and treating speech/language and cognitive issues in school-aged children
 - Based in Concord, MA
- [Life Skills Advocate](#) Blog Posts by Chris Hanson, Amy Sippl, and Rebekah Pierce
 - Blog posts by three educators about a variety of topics including:
 - Attentional, impulse, and emotional control
 - Cognitive flexibility, task initiation, self-monitoring, working memory
 - Organization, planning, time management, problem solving
- *The Smart but Scattered Guide to Success: How to Use Your Brain's Executive Skills to Keep Up, Stay Calm, and Get Organized at Work and at Home* by Peg Dawson, EdD, and Richard Guare, PhD
 - For adults
 - Identify your own strengths and weaknesses and improve your skills