

What is ...



Executive Functioning (EF)/Dysfunction

EFD is:

According to [WebMD](#), "Executive Function helps you:

- Manage time
- Pay attention
- Switch focus
- Plan and organize
- Remember details
- Avoid saying or doing the wrong thing
- Do things based on your experience
- Multitask

When executive function isn't working as it should, your behavior is less controlled."

What does that look like?

Children with Executive Function delays have trouble:

- planning projects
- estimating time to complete a task
- sequencing stories
- recalling information
- starting activities or tasks
- shifting plans when situations change

What Can I Do to Help This Child?

Break tasks into chunks

Have the child externalize to do lists on a checklist, calendar, or phone

Set alarms and reminders

Help child avoid distractions (putting the phone away or moving to a different location)

Plan for transition time or changes in schedule and give the child some warning time (heads up)

Help child minimize clutter

Give a written copy of directions

Teach the child ways to plan and organize him/herself

Make expectations and consequences simple and clear

*[adapted from LD Online Fact Sheet](#)

- focusing only on one task
- accepting when parents or peers don't act as expected
- self-regulating

For more information about Executive Functions or treatment for EF please speak to your child's doctor, a neurologist, or psychologist.



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