

# EXECUTIVE FUNCTIONING

~ What is it? Why is it important? ~

## What is **executive functioning**?

**Executive functioning** is a set of mental skills that help your child plan and achieve their goals, including:

### **Working Memory:**

Ability to hold information in our brain for a short time while working on something else

### **Time Management:**

Ability to organize and planning how you divide your time among different activities

### **Self-Control:**

Ability to control our emotions, thoughts, impulses, and behaviors to reach a positive outcome

### **Task Initiation:**

Ability and motivation to begin a task independently; requires problem-solving and coming up with ideas

### **Self-Monitoring**

Ability to understand how well you are completing a specific task or action

### **Planning:**

Ability to think about the future and organize the activities needed to achieve a goal

### **Flexible Thinking:**

Ability to problem solve or adapt to situations when necessary and overcome obstacles

### **Organization:**

Ability to arrange materials, thoughts, or ideas in a useful, productive way

## Why is **executive functioning** important?

- 
- We use these skills everyday to learn, work, and manage daily life
  - They are needed for making sure our thoughts and impulses are leading us to productive outcomes
  - These skills are needed for school work, activities of daily living, and interacting with others on a daily basis

# Executive Parent

**M Lipman**



**Executive Parent:**

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**Table of Contents Executive Parent**

1. Understanding the eBook Executive Parent
  - The Rise of Digital Reading Executive Parent
  - Advantages of eBooks Over Traditional Books
2. Identifying Executive Parent
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Executive Parent
  - User-Friendly Interface
4. Exploring eBook Recommendations from Executive Parent
  - Personalized Recommendations
  - Executive Parent User Reviews and Ratings
  - Executive Parent and Bestseller Lists
5. Accessing Executive Parent Free and Paid eBooks
  - Executive Parent Public Domain eBooks
  - Executive Parent eBook Subscription Services
  - Executive Parent Budget-Friendly Options
6. Navigating Executive Parent eBook Formats
  - ePub, PDF, MOBI, and More
  - Executive Parent Compatibility with Devices
  - Executive Parent Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Executive Parent
  - Highlighting and Note-Taking Executive Parent
  - Interactive Elements Executive Parent
8. Staying Engaged with Executive Parent

- Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Executive Parent
9. Balancing eBooks and Physical Books Executive Parent
- Benefits of a Digital Library
  - Creating a Diverse Reading Collection Executive Parent
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Executive Parent
- Setting Reading Goals Executive Parent
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Executive Parent
- Fact-Checking eBook Content of Executive Parent
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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