



Tips for Families of Students with Disabilities: Executive Functioning

What is Executive Functioning?



Executive functioning is like the brain's "control center." It helps us plan, organize, remember things, and make decisions. These skills are essential for staying focused, following instructions, and managing tasks in daily life.



Establish Routines

- @ **Create a consistent daily schedule:** Consistency helps students know what to expect and reduces anxiety.
- @ **Use visual schedules:** Visual aids can help students understand the sequence of activities and transitions.

Break Tasks into Steps

- @ **Simplify complex tasks:** Breaking down tasks into manageable steps makes them less overwhelming.
- @ **Use checklists:** Checklists can help students track their progress and stay organized.

Use Visual Aids

- @ **Incorporate charts, diagrams, and color-coding:** These tools can help organize information and make it more accessible.
- @ **Visual timers:** Timers assist with time management by providing visual representation of elapsed time.

Encourage Organization

- @ **Teach the use of planners or digital calendars:** These tools can help students keep track of assignments and deadlines.
- @ **Designate specific places for materials:** Having a set place for school materials and personal items can reduce clutter and confusion.

Provide Positive Reinforcement

- @ **Celebrate successes:** Recognize and celebrate progress, no matter how small.
- @ **Use rewards and praise:** Positive reinforcement can motivate students and encourage continued effort.

Time Management Skills

- @ **Set clear deadlines:** Having clear deadlines helps students understand expectations.
- @ **Use timers:** Timers help students stay on track and manage their time.
- @ **Practice estimating time:** Estimating the task duration enhances planning skills.

Foster Self-Monitoring

- @ **Encourage reflection:** Help students reflect on their work and identify areas for improvement.
- @ **Use self-assessment tools:** These tools can build awareness of progress and areas needing attention.

Teach Problem-Solving Skills

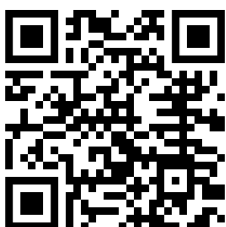
- @ **Guide through problem-solving steps:** Teach students to identify problems, brainstorm solutions, and evaluate outcomes.
- @ **Role-play scenarios:** Practicing different scenarios can help students develop problem-solving skills.

Promote Flexibility

- @ **Adapt to changes:** Help students learn to adapt to changes and unexpected situations.
- @ **Encourage a positive attitude:** Promote trying new strategies and maintaining a positive outlook.

Communicate with Educators

- @ **Maintain regular communication:** Keep in touch with teachers and support staff to stay informed about your child's progress.
- @ **Share and seek strategies:** Share effective strategies used at home and seek school suggestions for consistency and support.



Scan the QR code to see FIN's other family resources about the best practices for including students with disabilities in the least restrictive environment.

To find out how to contact your FIN Facilitator, call 1-888-232-0421 or visit the [FIN website](#).