



ASK THE
EXPERTS

Fact Sheet

November 2022

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The TLDR (too long didn't read)

- 1. Executive Function** skills are the everyday skills we use to get things done. These skills include **time management, organization and planning, self-regulation, motivation, focus, problem-solving, and memory.**
- 2. Neurodiverse brains struggle** with these skills **due to a 2-3 year lag in brain development** over peers with neurotypical brains **until their late 20s.**
- 3. It's possible to strengthen and improve these skills with strategies and structure** while brains are developing. Parents and teachers can help by working on building problem-solving skills, teaching self-regulation skills, and focusing on what works.

Develop problem-solving skills

Help your child learn how to solve their own problems by thinking through different scenarios. Work on life skill lessons.

Teach self-regulation skills

Emphasize self-care. Model naming emotions and how to calm down. Practice positive self-talk and celebrate progress and persistence.

Focus on what works

Neurodiverse brains love what's interesting, novel, or important, so find ways to build positive feelings and energy for what they need to do.