



How to Teach Your Child Important Executive Functioning Skills in the Summer Months

A Next Action Worksheet

By Drs. Susan Giurleo & Allison Andrews

This worksheet is intended to briefly summarize the main concepts of in our online seminar: *How to Teach Your Child Important Executive Functioning Skills in the Summer Months* and follows the flow of the presentation in the matching online seminar. We have included a many practical suggestions to help you think through the concepts as they relate to your family life.

If you have not already accessed the online tele-seminar, please click on this link, enter your email and listen at your convenience:

<http://childdevelopmentpartners.com/download-june-class/>

1) Manage the change in routine when the last school bell rings for the year.

The fundamental concept is to create some regular structure and routine for your family life. Plan to develop a structure that has some flexibility but can still be adapted to different situations. This allows kids to know what they can count on and plan their days accordingly.

Think about your typical family routines and create a basic structure that is the backbone of most days. Areas to focus on: when do we eat, relax, play, do chores and what are the general rules related to screen time.

Adapt some of the tools that help in school at home... checklists for example or social stories.

Preview changes and new things like camp, special outings, and vacation time.

Know your child's playbook. This is about not overdoing it or over-scheduling. Going new places and doing new things, even when it goes well can be very draining for kids with attention, executive functioning and sensory issues.

Always remember to review.

Talk to your kids about how things are going. Get their ideas. Solve problems (we do this all when things are calm).

Model how to work things out.

2) Positively managing "down time," boredom and free play.

The goal is to teach kids that it is ok to be bored and help them to learn how to independently use free time.

Know for yourself that it is good parenting to let kids be bored.

Help them with access to what they like to do: knitting? trains? reading? Make sure they have what they need to do things on their own.

“Things To Do Jar” - Create a list of preferred activities with your child and write them on popsicle sticks and put them in a jar. Next time your child is bored have them pick one.

3) Integrate executive function skill building into fun summer activities.

Summer is a great time to work on executive functioning skills because in real life there are many non-academic activities that require organizing, planning, prioritizing and problem solving. Sneak in executive functioning through fun activities that your child wants to do.

Some summer Activities that support executive functioning are:

- Cooking
- Yard projects
- Lemonade stand
- Planning an outing or bicycle ride

Make joint decisions about chores or tasks for the summer.

Get kids excited and find the sweet spot of motivation: a kid who does not want to clean his room may love watering the garden or mowing the lawn.

Walk them for the steps to learn new tasks. Remember new skill take a while to learn and require support and repetition.

Do things together but let kids take the lead.

Remember to review success and troubleshoot problems with kids when things are calm.

4) Establish routines and schedules that will support calmer days/nights in the next school year

Summer is a chance to reset and rethink what worked and what did not work this past school year.

It is a chance to move away from habits that were less helpful for you and for your child.

If, for example bedtimes are difficult, summer is a great time, with less pressure to work on them (even if bedtime is later). Take advantage of no homework or other pressures that tend to complicate things.

In the week or two before school starts, move bedtimes back to more regular (earlier times) if that is an issue. And do not forget to practice before school morning routines. Even older kids appreciate a gradual transition back to a school schedule!

Next Steps

Was this class and workbook useful to you?

If so, please pass it on to a friend or family member who could find support here.

Upcoming FREE Teleseminar:

July 11, 2014

Stop The Nag Cycle: How to Raise Intrinsically Motivated Kids

[Please Click Here to Register](#)

And thank you for being a part of our growing Child Development Partners community!

Best Wishes,

~ Dr. Susan and Dr. Allison.