



Child Psychological Services

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How to Foster Executive Function Skills In Your Teen

Create consistency in your family schedule

- Every Sunday, sit down and help your child plan out the week
- Make visual schedules / calendars
- Lists are an amazing organizational tool
- Model effective executive function and organization tools yourself

Don't do it FOR your child, do it WITH them

- Remember, you are teaching them a skill
- If they are really struggling, they will need a lot of supervision
- As they develop good habits and learn the skills, they need less adult involvement
- If your executive function skills are weak, you may want to consider executive function coaching for your child

Foster Metacognition Skills

- Metacognition is the ability to think about thinking
- Walk them through the process of analyzing how the “think” about homework
- Do they develop a plan, or do they jump in willy-nilly?

Verbalize your thought processes

- Teach your child how to engage in effective planning by verbalizing your planning for everyday activities
 - Planning meals and grocery shopping
 - Making dinner
 - Planning your day/week

Teach them organization skills

- Help them select a calendar system (paper or electronic) and teach them how to use it consistently
- Make sure they have the tools they need to organize their materials effectively
- Color-code school materials