



## What Does an Executive Function Deficit Look Like?

It's 9:00p.m. on Sunday night, and you hear a shriek from the other room, "I have a huge test tomorrow and I left my stuff at school! Or, "I can't find the assignment!" Or, "What homework?" Sound familiar?

Executive function is essentially the secretary of the brain. It controls making sure things get done from the beginning stages of the job to the final finish line. When children have problems with executive functioning, any task that requires planning, organization, memory, time management and flexible thinking becomes a hurdle.

Oftentimes, if the deficit is too pronounced, a diagnosis of ADHD may be given. This is where Shannon can help. She can assess executive functioning and determine where deficits lie. Then, she can educate you on how to parent your child and help him/her be successful. Parenting a child with ADHD looks extraordinarily different than the way one would parent a child who does not have these struggles. The information she will share will make your life significantly easier.

The more you know about the way your child's brain is uniquely wired, the better you'll be able to help him or her build his/her executive skills and manage the difficulties. Shannon uses empirically researched models to teach you and your child how to be successful! She identifies what is working and what is not working (using key questions and/or psychological assessments) and facilitates change by teaching them study skills specifically for people struggling with executive function deficits. She shows them unconventional methods to organize paperwork, so they no longer lose or forget assignments. She even shows them Apps to make their lives more manageable and reduce the stress created from all the chaos.

Because emotional dysregulation plays a major role in executive function, your child may have a hard time controlling anger and stress. Shannon uses a unique and memorable way to help your child learn healthy thinking patterns and coping skills to last a lifetime. She can also help parents understand the ADHD brain and how best to respond to the outbursts so the family can live more peacefully together.