

GETTING THINGS DONE WHILE HAVING FUN

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Executive Function and ADHD Coaches




SUMMER FUN

Build Your Child's Executive Function Skills with Fun Summer Activities

INTRODUCTION TO EXECUTIVE FUNCTION

 Does your child forget things?

 Are you always giving your child REMINDERS for EVERYTHING?

 Do you have a child that can play video games for HOURS but struggles to get homework and chores completed?

If this sounds like you, our summer sessions will provide you with an understanding of Executive Functions and how you can build these essential skills with your child.

PLANNING


 Do you have to MANAGE your child's schedule?


 Are you the DRIVING FORCE in getting your child's assignments and projects completed?

 Does your child even know what DAY it is?

We will help you dive into short and long-term planning skills through games, cooking, trips, and crafts.

TIME MANAGEMENT

 Does your child WAIT until the last minute to start a task?

 Are you ALWAYS late because your child is NEVER ready?

We will help you make time visible and manage summer activities through fun adventures. We will WALK and SUPPORT you through a 3 week planned activity that works on crucial time management skills.

WORKING MEMORY

 Does your child leave a path of FORGOTTEN items?

 Does your child end up PLAYING in their room verses CLEANING it?

 Do you need to give your child multiple REMINDERS and you still find the task UNCOMPLETED?

We will help you create strategies and fun activities to support working memory.

WHEN:

 DATES: June 10, 17, 24, and July 1.


TIME: 7:30-9pm EST

Each session will be 1 1/2 hours.


There will be plenty of time for questions!




WHAT IS INCLUDED:

 Video recordings for you to watch at a later time.

 Interactive Private Group Facebook Page.

 Planned activities to use with your child for each topic.

 You will immediately be putting your newly learned skills to use in an ongoing activity over the four weeks.

\$199 for all of the sessions, activities, and Facebook page