## Executive Function Basics for Parents

If you have a child with executive function challenges such as getting stuck or overwhelmed, or trouble with following directions, then these videos provide simple strategies that parents can use immediately. These short, engaging, videos and animations feature real-life situations, practical advice from experts, parents sharing their wisdom, and easy to understand explanations. (Click on each image to be taken to that video).

### Comments from parents:

"The videos helped remind me of my child’s perspective—and how often his struggles are a sign of something else—something deeper. That he’s not trying to be difficult."

"Very good information on material we as parents can use with our children at home. The strategies were very well explained."

"The videos made me feel less alone. They reminded me that my son’s behavior is "normal" within the spectrum and hopeful that there are more things I can try to help him."

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