

Executive Functioning and Emotional Regulation Skills Reading List

by Lauren Hutchinson, MA, LMFT

Executive Functioning

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential by Peg Dawson and Richard Guare

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" child might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential By Richard Guare, Peg Dawson, Colin Guare

If you're the parent of a "smart but scattered" teen, trying to help him or her grow into a self-sufficient, responsible adult may feel like a never-ending battle. Now you have an alternative to micromanaging, cajoling, or ineffective punishments. This positive guide provides a science-based program for promoting teens' independence by building their executive skills--the fundamental brain-based abilities needed to get organized, stay focused, and control impulses and emotions. Executive skills experts Drs. Richard Guare and Peg Dawson are joined by Colin Guare, a young adult who has successfully faced these issues himself. Learn step-by-step strategies to help your teen live up to his or her potential now and in the future--while making your relationship stronger.

That Crumpled Paper Was Due Last Week: Helping Disorganized and Distracted Boys Succeed in School and Life by Ana Homayoun

Missed assignments. Lack of focus and enthusiasm. Falling grades. For too many boys and their frustrated parents, these are the facts of life. But they don't have to be. Top academic counselor Ana Homayoun has helped turn even the most disorganized, scattered, and unfocused boys into successful young people who consistently meet their personal and academic challenges. She does this by getting back to basics--starting with a simple fact: Most boys need to be taught how to get organized, how to study, and-- most important-- how to visualize, embrace and meet their own goals. With an accessible and no-nonsense approach, Homayoun shows how to:

- Identify their son's dis-organizational style
- Help him set academic and personal goals he cares about
- Design and establish the right "tools of the trade"
- Complete assignments without pulling all-nighters

- Help him tune out social pressure and fend off anxiety

The Organized Student: Teaching Children the Skills for Success in School and Beyond by Donna Goldberg

The overstuffed backpack, the missing homework, the unused planner, the test he didn't know about. Sound familiar? When the disorganized child meets the departmentalized structure of middle school, everything can fall apart. Even the academically successful child will start to falter if she misses deadlines, loses textbooks, or can't get to class on time. This practical book is full of hands-on strategies for helping parents identify and teach organizational skills. Educational consultant Donna Goldberg has developed these methods by working with hundreds of students and in this book she provides:

- Assessments to gather information about your child's learning style, study habits, and school requirements
- Guidelines for taming that overstuffed binder and keeping it under control
- PACK -- a four-step plan for purging and reassembling a backpack or locker
- Instructions for organizing an at-home work space for the child who studies at a desk or the child who studies all over the house
- Ways to help your child graduate from telling time to managing time
- Special tips for kids with learning disabilities and kids who have two homes...and more

The Family ADHD Solution: A Scientific Approach to Maximizing Your Child's Attention and Minimizing Parental Stress by Mark Bertin

In this accessible guide, developmental pediatrician Mark Bertin demystifies ADHD and offers advice to overwhelmed parents that includes clear explanations of:

- Biological causes of ADHD, and the ins and outs of a thorough evaluation
- Common symptoms, showing how they extend far beyond inattention and hyperactivity
- Behavioral, educational and medical approaches that increase academic and social success
- Research proven mindfulness-based stress reduction techniques for parents that benefit the whole family
- Advice to help your child build self-esteem along with healthy relationships with peers and with *you*

Emotional Regulation

Emotional Intensity in Gifted Students: Helping Kids Cope with Explosive Feelings by Christine Fonseca

Designed to provide support for the difficult job of parenting and teaching gifted children, "Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings" provides the resource parents and teachers need to not only understand why gifted children are so extreme in their behavior, but also learn specific strategies to teach gifted children how to live with their intensity. Presented in an easy-to-read, conversational style, "Emotional Intensity in Gifted Students" uses real-world examples through case studies and role-plays that show parents and teachers how to interact with gifted children in a way that teaches

them how to recognize, monitor, and adjust their behavior. Worksheets, tip sheets, and checklists are included to help parents, teachers, and the students themselves learn to cope with the explosive feelings that often accompany giftedness. Specific strategies for stress management, underperformance in school, perfectionism, and social anxiety make this a must-read for anyone wishing to make a positive lasting impact on the lives of gifted children.

Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children, Adolescents, and Adults by Susan Daniels (Editor) , Michael M. Piechowski (Editor)

Gifted children and adults are often misunderstood. Their excitement is viewed as excessive, their high energy as hyperactivity, their persistence as nagging, their imagination as not paying attention, their passion as being disruptive, their strong emotions and sensitivity as immaturity, their creativity and self-directedness as oppositional. This resource describes these overexcitabilities and strategies for dealing with children and adults who are experiencing them, and provides essential information about Dabrowski's Theory of Positive Disintegration. Learn practical methods for nurturing sensitivity, intensity, perfectionism, and much more.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W. Greene

What's an explosive child? A child who responds to routine problems with extreme frustration-crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. A child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. Most of these parents have tried everything-reasoning, explaining, punishing, sticker charts, therapy, medication-but to no avail. They can't figure out why their child acts the way he or she does; they wonder why the strategies that work for other kids don't work for theirs; and they don't know what to do instead. Dr. Ross Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, has worked with thousands of explosive children, and he has good news: these kids aren't attention-seeking, manipulative, or unmotivated, and their parents aren't passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting. Throughout this compassionate, insightful, and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

Miscellaneous

Family Scrum Board <http://scrumforkids.com/the-board/>

