



# **The Conscious Parent's Guide to Executive Functioning Disorder: A Mindful Approach for Helping Your child Focus and Learn (The Conscious Parent's Guides)**

*Rebecca Branstetter*

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Help your child feel confident and capable!

If your child has been given a diagnosis of executive functioning disorder, you may be feeling overwhelmed and unsure of what to do next. You want your child to be able to master certain basic skills, such as being organized, staying focused, and controlling impulses and emotions. But what if your child is having trouble with one or all of these skills? With *The Conscious Parent's Guide to Executive Functioning Disorder*, you'll learn how to take a relationship-centered approach to parenting as you help improve your child's executive functioning skills:

- Task initiationResponse inhibition
- Focus
- Time management
- Working memory
- Flexibility
- Self-regulation
- Completing tasks
- Organization

Conscious parenting is about being present with your children and taking the time to understand how to help them flourish. With the strategies and advice in this guide, you and your child will build sustainable bonds, develop positive behaviors, and improve executive functioning skills for life. And you'll find that conscious parenting helps create a calm and mindful atmosphere for the whole family, while helping your child feel competent, successful, and healthy.

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