



#### PARENT TOOLKIT

## 10 Signs Your Child May Benefit from Executive Function Coaching

Executive-function challenges often show up in everyday routines before families have a name for what is happening. Use this quick checklist to notice patterns.

|                                                                                                                                                        |                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. Frequently forgets homework or materials</b><br>Assignments, folders, devices, or supplies seem to disappear at the worst possible time.         | <b>2. Has difficulty getting started</b><br>They may know exactly what to do but still need repeated prompting to begin.                         |
| <b>3. Feels overwhelmed by large projects</b><br>Multi-step assignments can feel impossible without help breaking them into manageable pieces.         | <b>4. Loses track of time</b><br>They underestimate how long things take or are surprised when deadlines arrive.                                 |
| <b>5. Needs constant reminders</b><br>You feel like you have become the external reminder system for school and home.                                  | <b>6. Avoids challenging tasks</b><br>Tasks that feel unclear, effortful, or frustrating may lead to procrastination or shutdown.                |
| <b>7. Knows the material but struggles to show it</b><br>Knowledge is there, but planning, organization, attention, or follow-through gets in the way. | <b>8. Becomes frustrated during homework</b><br>Homework regularly turns into stress, conflict, or an emotional crash.                           |
| <b>9. Needs support becoming independent</b><br>They can succeed with adult scaffolding but have trouble carrying the routine on their own.            | <b>10. Organization is a daily struggle</b><br>Backpacks, binders, digital files, schedules, or workspaces are difficult to manage consistently. |

### REMEMBER

Executive function skills can be learned and strengthened through consistent support, explicit strategies, and practice. A pattern of several signs is more useful than any single item.

**Wondering what is getting in the way?**

**NeuroBridge Educational Services helps students build practical systems for organization, planning, time management, task initiation, and independence.**

**Schedule a complimentary Discovery Session**

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This resource is educational and is not intended to diagnose ADHD or any other condition.