



PARENT TOOLKIT

Executive Function Home Success Checklist

Spot common executive-function roadblocks - then choose one practical support to try this week.

Is your child struggling with...

■ Remembering assignments Directions, due dates, or tasks seem to disappear after school.	■ Keeping track of materials Papers, folders, chargers, books, or supplies are often misplaced.
■ Starting homework independently They know what to do but still need repeated prompting to begin.	■ Managing time They underestimate tasks, lose track of time, or are surprised by deadlines.
■ Breaking projects into smaller steps Large assignments feel overwhelming because the path is unclear.	■ Managing frustration Small setbacks quickly become shutdown, avoidance, or conflict.
■ Completing work without reminders You feel like the person keeping the entire routine moving.	

Five things to try this week

1. Create one homework home base Keep the most-used school supplies in one consistent place.	2. Use one visual planning system Practice checking the same planner, calendar, or task list every day.
3. Break big work into visible steps Turn "do the project" into a short sequence of concrete actions.	4. Notice effort and strategy Praise starting, using the plan, persisting, and recovering from frustration.
5. Build a repeatable routine Check assignments → choose priorities → work → pack → preview tomorrow.	

Need help figuring out where the breakdown is? NeuroBridge provides personalized executive-function support for students and families.

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Educational resource only; not intended to diagnose ADHD or any other condition.