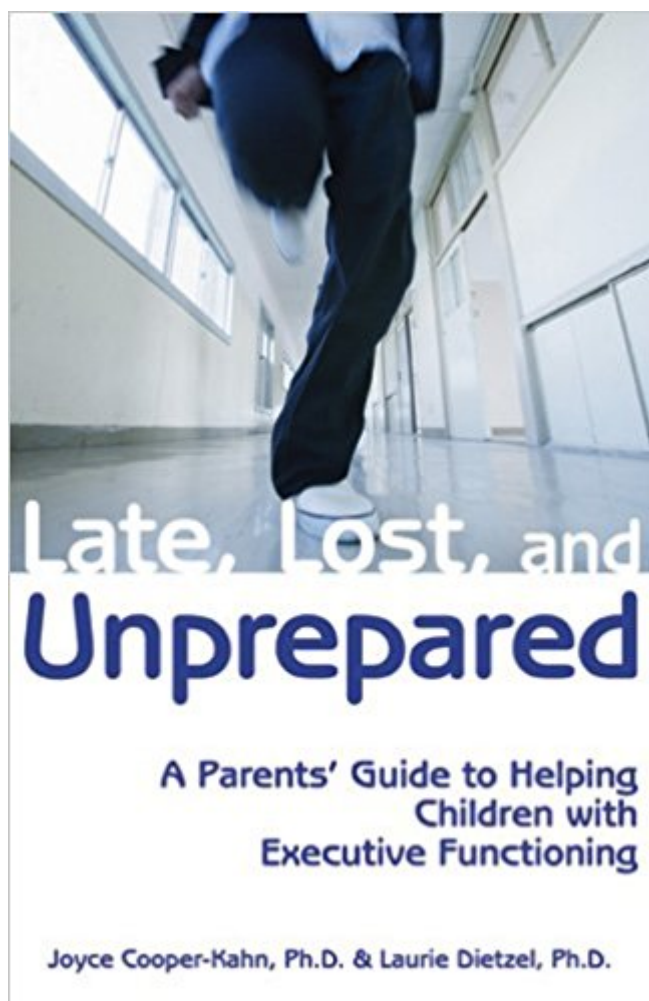


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Late, Lost, And Unprepared: A Parents' Guide To Helping Children With Executive Functioning



Synopsis

(2009 National Parenting Publications Awards (NAPPA): Honors Award) Executive functions are the cognitive skills that help us manage our lives and be successful. Children with weak executive skills, despite their best intentions, often do their homework but forget to turn it in, wait until the last minute to start a project, lose things, or have a room that looks like a dump! The good news is that parents can do a lot to support and train their children to manage these frustrating and stressful weaknesses. *Late, Lost, and Unprepared* is a must-have book for parents of children from primary school through high school who struggle with: Impulse Control (taking turns, interrupting others, running off) Cognitive Flexibility (adapting to new situations, transitions, handling frustrations) Initiation (starting homework, chores, and major projects) Working Memory (following directions, note-taking, reading and retaining info) Planning & Organizing (completing and turning in homework, juggling schedules) Self-monitoring (making careless errors, staying on topic, getting into trouble but not understanding why) Written by clinical psychologists, *Late, Lost, and Unprepared* emphasizes the need for a two-pronged approach to intervention: 1) helping the child to manage demands in the short run, and 2) building independent skills for long-term self-management. Full of encouragement and practical strategies, the book's organization--short chapters with overviews, summaries, case studies, tips, and definitions--makes it easy to grasp concepts quickly and get started. Part I, *What You Need to Know*, provides information about: what executive functions are and how weaknesses in these skills affect development; the impact of weak executive function on children's emotional lives and their families; how professionals assess executive function problems; and associated conditions (AD/HD--children with an AD/HD diagnosis always have executive skills issues--learning disabilities, autism spectrum disorders, Tourette syndrome, etc.). Part II discusses *What You Can Do About It* including how to change behavior and set reasonable expectations, and offers specific intervention strategies for children of different ages, varying needs, and profiles. *Late, Lost, and Unprepared* is chockful of ideas for helping your child or student be productive and independent--today and in the future.

Book Information

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Customer Reviews

Drs. Cooper-Kahn and Dietzel have filled a very important need for parents-- putting the essential concepts of the executive functions into practical words and actions. They have written a book that families have been asking about for years. This practical guide will be a tremendous help to children, teens, and young adults as they learn the key skills to better manage their learning and problem-solving. --Gerard Gioia, Ph.D., Director, Neuropsychology, Children's National Medical Center Here we have [one of the] first practical manuals for parents that is replete with realistic, science-based, and compassionate recommendations for helping children and young adults weak executive abilities. The authors are to be congratulated for their straightforward, clear, and concise presentation of the material, and their litany of parental recommendations for making accommodations and for managing and improving the self-regulation problems of children. --Russell A. Barkley, Ph.D., Clinical Professor of Psychiatry, Medical University of South Carolina, Charleston, SC In their powerful and thoughtful book, Drs. Cooper-Kahn and Dietzel have hit a home run for the team of parents and children dealing with organizational issues! This extremely well-written and wide-ranging book will inevitably become the go to guide for parents of children of all ages as they deal with the common problems of following directions, completing work, and monitoring their behavior. --Patricia O. Quinn, MD, Developmental Pediatrician, Washington, DC, Author of Putting on the Brakes: Understanding and Taking Control of Your ADD Few adults may know the clinical definition of executive functioning, but parents and educators who interact with a child (or adult) with developmental delays can easily relate to words like disorganized, chronically late, forgetful or impulsive. The label might be Asperger's or ADHD or learning disabilities. These are the often bright kids who seem to never be able to corral their knowledge to meet deadlines or specific assignments. Homework? No problem. Turning it in--well, that's another story. Science lab project? An easy A, if only he didn't leave it to the very last minute to complete. Late, Lost, and Unprepared delves deeply into the world of executive functioning skills, explaining their role in learning and in

critical life skills: time management, impulse control (in words and deeds), cognitive flexibility, and initiation, planning and organizing, among others. Part I of the book widens understanding about EF skills in general, including assessing your child or student's abilities. Part II, the what you can do about it section is page after page of positive strategies, highly practical tips and case studies that cement concepts and learning. A well-organized, well-written book that's sure to become a well-used addition to your home or professional library. --Autism Asperger's Digest, January/February 2009

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Joyce Cooper-Kahn, Ph.D., a clinical child psychologist, specializes in helping children to successfully manage developmental challenges. Using her expertise in the assessment and treatment of learning, attention, and social-emotional difficulties, she works with children, families, and educators to build children's competencies. Dr. Cooper-Kahn is the co-founder of Psychological Resource Associates, a private mental health practice in Severna Park, Maryland. She is the parent of an adult son with AD/HD and executive skills weaknesses. Laurie Dietzel, Ph.D., is a licensed clinical psychologist with expertise in neuropsychological assessment and the diagnosis of AD/HD, learning disabilities, PDD, and other neurodevelopmental disorders. Dr. Dietzel is currently in private practice with a focus on testing, training, and consultation at Dietzel, Butler & Associates in Silver Spring, Maryland, which she co-founded. She provides local and national continuing education workshops for mental health and educational professionals.

This book was recommended by my daughter's teacher. It's purpose is to help parents work with children with executive functioning weaknesses. These include difficulties in initiating or completing tasks or assignments, problems with organizing tasks and time management issues. As a parent, you may find something about yourself in there as well! Unlike some books on similar topics, this book is very easy to read and understand. It also includes basic advice for parents of teens. It is filled with practical suggestions and it guides you directly to the recommendations that apply to your situation. It is a good starting point for parents who are wondering how they can help their child or teen succeed in school. However, if you consider yourself well read on the topic, it is unlikely to add much to your knowledge.

Mother of 4. 3rd child is a 10 year old recently diagnosed with Dysgraphia and Executive Functioning issues. The 2nd half of the book was a lot of things we already do and not much help. However, I still am very happy I purchased the book. The first half talks about Executive Functioning. It was comforting for us to have words and terms to go along with all we were seeing and dealing with. I had something to identify with and not just feel like a crazy person!

This book was extremely helpful in educating me on the nuances of parenting and advocating for a child with ADD. Further, it helped to reinforce many of the approaches and strategies I had previously employed. It's laid out in a very simple format, making it an easy read. Keep highlighter

handy as you'll want to track and try many of the recommendations offered.

Excellent advice. My 11 y/o daughter does not have a diagnosis of ADHD but is quite scattered and forgetful- just the type of kid she is! As a parent who is super organized, this is really tough to watch. I've implemented quite a bit of the suggestions and I see a difference in my daughter. This book helps!

Finally. For a parent who knows something is "not right" about how my daughter gets so frustrated, this is a good primer. While the suggestions could be a little more specific rather than general parenting advice, I bought the book to be told what to do after all, the information is conveyed succinctly. The later half is challenge specific, so its not a must read all the way through to get help. Solid starting point to understand why school can be so frustrating. Will use as a resource for general ideas and refresher when everybody gets frustrated.

This is an excellent book with great advice for parents of kids with executive function deficits.

This book is helpful in identifying and working with children whose executive dysfunction renders daily tasks into impossibilities. It shows the different kinds of executive dysfunctions, and offers strategies for working around them. Many of these strategies should enable the child to be successful as s/he enters high school, college, and beyond. I will recommend that all my child's teachers read this book, so we can all work together. I would have given the book five stars, but I ordered the Kindle version; the paper version would have been better, so I could have marked important parts and written notes in the margins.

This book offers real-world situational advice for parents. I also found it to be optimistic, and a book I will go back to again during a difficult time to get me back on track.

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