

SUPPORTING EXECUTIVE FUNCTION

Building healthy habits for life-long success



ESTABLISH ROUTINES THAT WORK

A good routine lets your brain focus energy and attention on what matters.



BUILD IN ACCOUNTABILITY

Add regular check-in times and ask consistent reflection question to help your child be successful moving forward.



PROMOTE AWARENESS

Give your child frequent, structured chances to name their emotions. This helps them deal with stress.



REMEMBER: EVERY CHALLENGE IS TEMPORARY

Extra pressure can disrupt healthy habits. Remind your child that each challenge will pass.



REMEMBER: NO ONE SUCCEEDS ALONE

Let your child know that they can ask for help whenever they feel overwhelmed. For professional support, seek out a counsellor.

