

EXECUTIVE FUNCTION

Spot the Skill

Executive function is your child's air-traffic control. When homework stalls, name the skill that's still developing — not the child.

The 3 control towers



Attention

Tuning in — and tuning out distractions.



Working Memory

Holding steps in mind long enough to use them.



Self-Control

Pausing before reacting.

Spot it at the kitchen table what a wobbly skill looks like



Planning

"Where do I even start?"



Organization

The backpack black hole.



Time Sense

"Five more minutes" × 10.



Flexible Thinking

Melts down when plans change.



Managing Feelings

Big reaction, small trigger.



Getting Started

Stuck before the first word.

It's not "won't" — it's "**not yet.**" Name the skill, then coach it: do it **for** them, then **with** them, then **beside** them.