



EXECUTIVE FUNCTIONING PROGRAM SUMMER 2022

REGISTER TODAY!

Executive Functions (EFs) are a set of brain-based skills that are essential for self-management and goal achievement. Examples include attention, planning, organization, self-awareness and control, inhibition, and flexibility.

Children can have deficits in their EFs for a variety of reasons including due to developmental delays, attentional difficulties like ADHD, or other brain insults or injuries. Our SLPs' unique perspective harnesses the important role language plays in the development and use of Executive Function skills.

Your child may have EF deficits if they struggle to:

- Stay focused on tasks, especially non-preferred tasks;
- Switch back and forth between things in the environment;
- Planning out the steps needed to complete a task;
- Organize their space or materials, and keep track of things;
- Control their emotions;
- Manage their impulsivity, appearing to act without thinking.

In addition to targeting EF skill development, CHAT's program will teach compensatory strategies for children to support EF skills.



WEEK 1

July 5-8: Building foundational skills including routines, time-management skills, self-awareness, and reflection



WEEK 2

July 11-14: Goal setting and visualization, creating SMART goals, and working on long- and short-term goal development



WEEK 3

July 18-21: Planning and task execution, breaking tasks down into manageable steps, and identifying and gathering necessary materials to complete them



WEEK 4

July 25-28: Organizing materials and spaces, incorporating visualization and verbal strategies to make sure everything has a place



WEEK 5

August 1-4: Compensatory strategies and carry-over, including smart use of compensatory technology and parent training to maintain skills at home

Full program dates: July 5-August 4, Monday-Thursday (except Tuesday-Friday first week)

Time: 11:30am-1:00pm (90-minutes)

This 20-session program may be insurance-eligible or accessible through scholarship. Single-week sessions also are available via private pay (\$250/week). Multiple weeks can be combined.

To get started, visit

www.chatwithus.org/survey

ABOUT CHAT

As the only nonprofit dedicated to speech and language services in greater Chicagoland, we are committed to providing child-directed, neurodiversity-affirming services that address the depth and breadth of communication needs, from articulation and language to fluency and executive functioning.

Focused on inclusion and centered in social justice, we advocate for systematic change in healthcare and education, and we strive to remove barriers by providing accessible services through scholarships to ensure all families are sustainably supported.



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