

**Parent Training:  
Strategies to Strengthen Executive  
Function**

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Webinar #5

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**How are EF Challenges  
Manifested?**

**Planning**

- ✓ Challenges with organizing and prioritizing
- ✓ Difficulty completing long-term projects
  - ✓ Inability to break down long-term assignments into parts
  - ✓ Difficulty estimating time needed for task completion
- ✓ Gets caught up in details without seeing the big picture
- ✓ Challenges with organizing binder/backpack/locker
- ✓ Does not turn in completed homework

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**First-Then Boards**

work 	→	computer 
First		Then

<b>First</b>	<b>Then</b>
Read Chapter	Answer 5 Questions

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## First-Then Boards: Discussion

- o Share in your breakout rooms:
  - o How using a first-then board might be effective for your child.
  - o How would you share this strategy with others who support your child?

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## Home Activity: First - Then Card

- o Some ideas:
  - o Index card and sticky notes
  - o Use the template in the Resources section at [flipptheswitch.org](http://flipptheswitch.org)
  - o Use a whiteboard
  - o Use pictures or words to indicate the activities on a first-then card

First	Then

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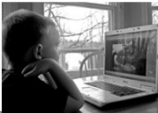
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## Video Modeling

- o Use to demonstrate tasks with more than one step:
  - o Loading the dishwasher
  - o Emptying the dishwasher
  - o Cleaning the bathroom, etc.
- o For more info, see resources section:
  - o NPDC EBPs
  - o AFIRM
  - o AIM



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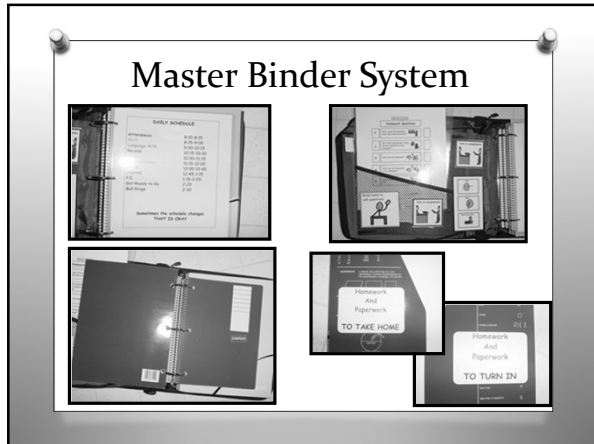
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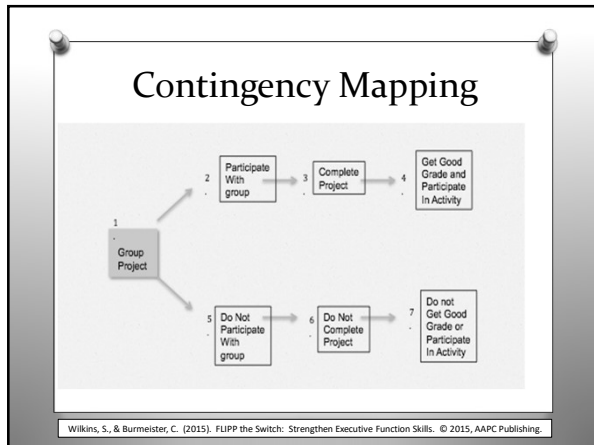
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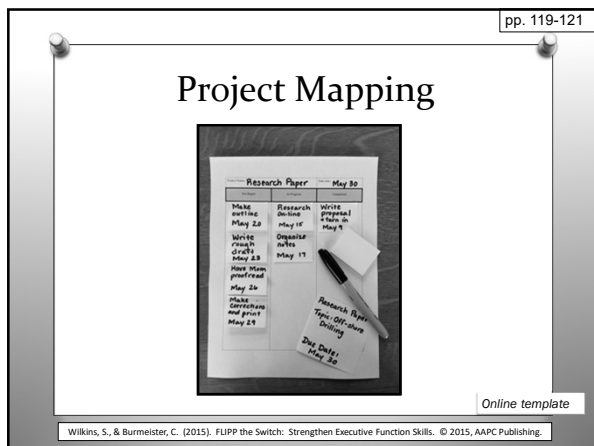
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**Related Resources at  
fliptheswitch.org**

<ul style="list-style-type: none"><li>o Blogs</li><li>o Sometimes it's Difficult to GET IT DONE!</li><li>o MAP: Manage Assignments and Projects</li></ul>	<ul style="list-style-type: none"><li>o Resources</li><li>o Templates<ul style="list-style-type: none"><li>o Get It DONE Strategy</li><li>o MAP Graphic Organizer</li><li>o MAP Strategy Card</li><li>o First-Then</li></ul></li><li>o Videos<ul style="list-style-type: none"><li>o How to do Project Mapping for School Projects</li></ul></li></ul>
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**Video Modeling Resources**

- o Autism Focused Intervention Resources and Modules
  - o <https://afirm.fpg.unc.edu/video-modeling>
- o Autism Internet Modules
  - o <https://autisminternetmodules.org/m/531/>

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