The Executive Function Online Summit
Airs Free Online Fri, Aug 14 - Mon, Aug 17

Back to School Top 10 List

Created by Seth Perler for attendees of TEFOS, The Executive Function Online Summit

Hi Parents, Teachers, and Coaches! Here are my Top 10 things you can do to support kids at the beginning of the school year. You can print and post this as a reference throughout the year. And please share TEFOS far and wide so more people can find us!

1. SSS: Create an exceptional "Sacred Study Space" [1-2 hours]

Invest time and energy into doing this right, making sure it is optimized for focus, minimized for distractions! Keep this space "sacred", and everything else will be so much easier, all year long.

2. Create an Ideal Homework Routine. [1 hour]

With your child, create a realistic, step-by-step HW Routine, and do your best to follow it until it becomes a routine/habit. Post it prominently so it becomes integrated in everyone's mind. Use my 4-step HW Routine method or any reliable method you like.

3. Frontload Calendars & Planners as completely as possible. [1 hour]

Grab your district's annual calendar, and gather other information about all upcoming events in school, family, doctor appointments, fun things, birthdays, etc.. Frontload the upcoming year into the calendars as far in advance as possible for now. Do this with your child so *they* can build these skills. And make calendars **visual**: Use color, icons, underlines, etc..

4. SNO: Implement a Consistent Weekly Maintenance Routine for EF Systems [15-30 min 1x/week]

THIS is one of the most important things I teach students: I call it the SNO, or Sunday Night Overhaul, but whatever you call it, build an **effective routine** to **maintain** EF systems. This will ultimately save everyone time, energy, and frustration, while helping students be more on top of things, better organized, more prepared, have better planning, less confused, less stressed, fewer homework battles, while having more fun and connection.

5. Proactively email teachers [15 min]

This helps prevent or minimize overwhelm, or getting blindsided, so your child doesn't end up failing classes and/or having other big consequences. Send an email to proactively get **clarity** about what's coming down the pike so you can plan, ask about teacher expectations, how your child is doing, and what would help them be more successful. And list teachers 3 important things they can do to support your child. Keep it short and sweet, and visual, so they actually read it.

6. Immerse yourself in the TEFOS summit [August 14-17]

Join us, dive in, learn with us! It's one of the best things you can do to understand your child's needs while learning about their brain. TEFOS teaches you exceptional ways to support your child, so you have crystal clear strategies to help them. This year, new speakers are joining TEFOS, along with amazing bonus experts from previous years. Register free tefos26.com to join us August 14.

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7. Use the 3:1 Rule

A parent's relationship with their child, and mental health are **the** most important things. Create your own daily routine to try using the 3:1 Rule until it becomes a habit. This means you tell your child **3 authentic positives to every 1 perceived negative**. This helps build secure attachment so everyone feels heard, seen, understood, validated, and known. Your child feels they matter & belong, and that you've got their back.

8. Increase Buy-in and Ownership

Use research backed relational tools and open ended questions to gradually turn over the reins, getting more buy-in and ownership, and improve responsibility and independence. Scaffold intentionally, with connection, joy, and encouragement. Use more curiosity based communication, collaborative approaches, and active listening. Bonus: there will be less of doing too much for your child, enabling, solving it for them, lecturing, convincing, advice giving, punishments, threats. This means more connection!

9. Prioritize Self-Care

Parents, **model** your own self care - kids learn from what they see more than what they hear. Through modeling, we teach them how to care for ourselves, physically, mentally, emotionally, socially. What do you need most for self care? What would it take to make it a reality?

10. Have fun!

Literally plan and prioritize fun and connection with your child, a lot! Remember what's most important in life, and **what matters most** - healthy relationships and quality time with our kids! And as a big bonus, the brain's Executive Function works much better when we feel relaxed, connected, joyful, peaceful, and when we have fun with the people we care about! So literally put it in your planner, so you're sure to make plenty of time for the most important things, and you'll be doing one of the best things to support your child's EF!

In gratitude and service,
Seth Perler

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