



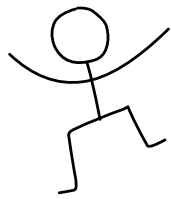
01. The areas of the brain in charge of executive functioning develop gradually over time and continue maturing into early adulthood.

All children need more support while these skills are developing.

Neurodivergent children often require even more time and support.



02.



Scaffolding helps.

It includes:

- breaking tasks into steps
- visual reminders
- helping getting started
- co-regulating during overwhelm
- creating routines
- gentle prompts
- adjusting expectations during stress or fatigue
- plenty of encouragement

03.



Skill development takes time.

EF is built gradually through thoughtful scaffolding and lots and lots of practice.

Developing brains learn from those around them.

04.

It helps when adults are using, demonstrating and talking through these skills in everyday situations.

