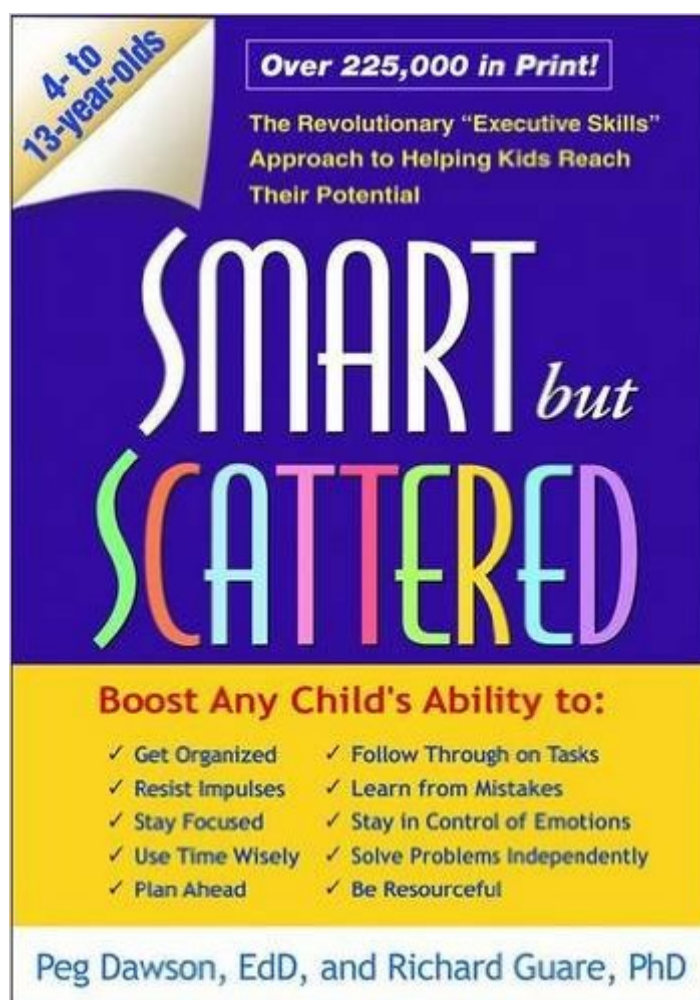


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# Smart But Scattered: The Revolutionary "Executive Skills" Approach To Helping Kids Reach Their Potential



## Synopsis

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your smart but scattered child might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial executive skills--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.

## Book Information

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## Customer Reviews

Another parent here. I have three highly gifted kids who nevertheless seem unable to accomplish simple tasks. A friend recommended this book, and it's forcing me to endure a complete paradigm shift, not only about my expectations for them, but of my own weaknesses in this area. Sure, I've had trouble staying organized, I start tasks only to leave them half-completed, and I feel like I have far more potential than I produce. But until I took the inventory for parents in this book, I didn't realize how truly weak my own executive skills are all around (unless I'm inspired, and then I'm a machine! ... just like my daughter). My husband took the quiz and -- not surprisingly -- his EF

(executive function) skills are nearly off the charts on the other end. He laughed a little as he said he wondered how honest I was going to be, but he agreed with my self-assessment. Suddenly, I understand why a disastrous house sends me into tears, but he can get to work and make it spotless in a couple hours. But this book also showed me that it's not an inherent personality failure on my part -- it's that I never learned these skills properly! After just a weekend of talking about some issues together, my daughter (8) and I have created strategies to help us with our organizational skills. I'm also staying more patient with my 5-yr-old son, who is pretty much a 1 on emotional control (but quite good with organization). This book isn't an instant silver bullet solution, but it provides new ways of thinking and conceptualizing about your children's (and your own) strengths and weaknesses.

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