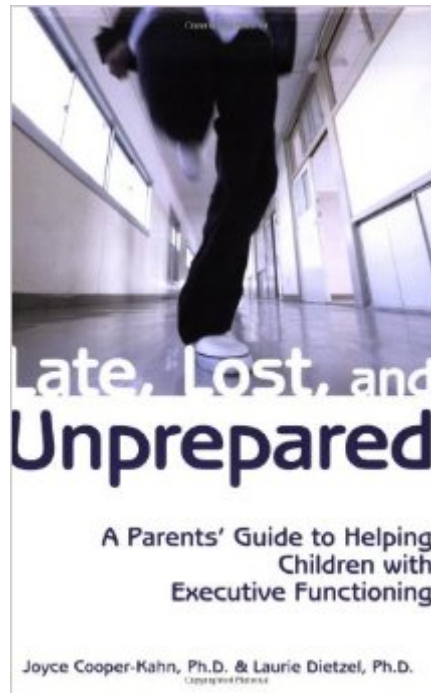


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# Late, Lost, And Unprepared: A Parents' Guide To Helping Children With Executive Functioning



## Synopsis

(2009 National Parenting Publications Awards (NAPPA): Honors Award) Executive functions are the cognitive skills that help us manage our lives and be successful. Children with weak executive skills, despite their best intentions, often do their homework but forget to turn it in, wait until the last minute to start a project, lose things, or have a room that looks like a dump! The good news is that parents can do a lot to support and train their children to manage these frustrating and stressful weaknesses. *Late, Lost, and Unprepared* is a must-have book for parents of children from primary school through high school who struggle with: Impulse Control (taking turns, interrupting others, running off) Cognitive Flexibility (adapting to new situations, transitions, handling frustrations) Initiation (starting homework, chores, and major projects) Working Memory (following directions, note-taking, reading and retaining info) Planning & Organizing (completing and turning in homework, juggling schedules) Self-monitoring (making careless errors, staying on topic, getting into trouble but not understanding why) Written by clinical psychologists, *Late, Lost, and Unprepared* emphasizes the need for a two-pronged approach to intervention: 1) helping the child to manage demands in the short run, and 2) building independent skills for long-term self-management. Full of encouragement and practical strategies, the book's organization--short chapters with overviews, summaries, case studies, tips, and definitions--makes it easy to grasp concepts quickly and get started. Part I, *What You Need to Know*, provides information about: what executive functions are and how weaknesses in these skills affect development; the impact of weak executive function on children's emotional lives and their families; how professionals assess executive function problems; and associated conditions (AD/HD--children with an AD/HD diagnosis always have executive skills issues--learning disabilities, autism spectrum disorders, Tourette syndrome, etc.). Part II discusses *What You Can Do About It* including how to change behavior and set reasonable expectations, and offers specific intervention strategies for children of different ages, varying needs, and profiles. *Late, Lost, and Unprepared* is chockful of ideas for helping your child or student be productive and independent--today and in the future.

## Book Information

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## Customer Reviews

This book was recommended by my daughter's teacher. It's purpose is to help parents work with children with executive functioning weaknesses. These include difficulties in initiating or completing tasks or assignments, problems with organizing tasks and time management issues. As a parent, you may find something about yourself in there as well! Unlike some books on similar topics, this book is very easy to read and understand. It also includes basic advice for parents of teens. It is filled with practical suggestions and it guides you directly to the recommendations that apply to your situation. It is a good starting point for parents who are wondering how they can help their child or teen succeed in school. However, if you consider yourself well read on the topic, it is unlikely to add much to your knowledge.

Now we have a guide to executive functioning that we can read, mark, dog-ear and rely on over and over again. As a learning specialist for over 30 years, I will use the definitions and assessments chapters to remind myself of the nuances of executive functioning in different learners. I will recommend the family sections for those who are struggling with those issues. And the bulk of the book "What Can You Do About It" will be dog-eared and used over and over again with students, teachers and parents as a reminder of effective interventions and accommodations. "Late, Lost, and Unprepared" has a strong research and clinical base, combined with a friendly style. It is THE book to own on executive functioning.

Every school teacher should read this book. It gives great insight into the behaviors many students exhibit that frustrate teachers most. As an adult with executive function delays, I found many of the skills and approaches the authors suggested to teachers working with students with this issue, to be the kind of treatment I wish I would have gotten from teachers when I was growing up. As a parent of a child with AD/HD and executive function delays, The tips and suggestions for parents have

begun a dramatic change for the better in both my own and my son's life. Thank you, authors, for writing this book. Thank you for making it available.

There are many such books out there and I have read a few. This book helped me to teach my significantly disorganized teen how to be better prepared for school. Step by step, little by little, these suggested techniques worked wonders and sanity was restored to our family. I liked how this book addresses the underlying causes and coexisting conditions, such as mild learning disabilities (math deficits, short term memory issues, AD/HD, dyslexia) or other problems such as anxiety and depression. This book is directive, easy to use, and walks parents through the process of working with teachers and finding outside experts to evaluate and create programs which help. The end result of 4 years of hard work and patience? A young adult who is organized, successful, confident and ---most importantly---HAPPY!

I am a senior with ADD who just learned the reason I struggled with many things all my life was related to my ADD. Other books mention executive function which amounts to explaining the way the ADD brain may process information, retain it, retrieve it. Also the time it takes to do this compared to a person without ADD. This book takes a look at various ages and activities which may indicate problem areas. Then thoughts about dealing with them. And I can verify that the title is exactly the way an ADD person feels a lot of the time. Even though you try like crazy!

I checked this book out of the library on a friend's recommendation and liked it well enough to buy it. The authors use clear, concise language to describe executive function (or lack thereof) and offer useful strategies while recognizing that every individual comes to the table with a unique set of strengths and weaknesses. As the parent of two with PDD/ADHD, I have read extensively on both disorders and came to realize that no easy cookie-cutter solutions exist. What worked with one child often did not work with the other, and progress (and we saw remarkable progress over time) was incremental. Perhaps the best thing about the book was its accessibility to those outside the medical profession. Others have commented, and I agree, that those who've been in the trenches for awhile will be familiar with most of what's presented. For those new to the diagnosis (or any that involves deficits in executive function) and for teachers and caretakers, the book is a marvelous introduction. I will be reprinting one page for distribution to teachers at my child's back-to-school staffing, because the passage describes my child perfectly. An excellent reference book.

This book was not worth my time or money. It mainly teaches the reader how to talk to their child in a respectful, effective way. The information is just like that written in a thousand other parenting books. A much better one is *How To Talk So Your Kids Will Listen and Listen So Your Kids Will Talk*. *Late, Lost and Unprepared* is basic parenting communication 101, what I needed was a way to help my child to self regulate, be able to take responsibility for time management, and help with organizing with a child in mind. This book didn't provide what I needed. There was no additional information that helped with skills regarding time management, getting things done, or other executive functioning skills.

I really expected to find exercises here, something where I could HELP MY KID. It reads as a "here's what you should know before you get your kid tested." Sigh. I didn't need a book for that. I needed a book to actually \*help\*.

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