



SIGNS OF EXECUTIVE DYSFUNCTION IN CHILDREN WITH ADHD



Executive function is a set of thinking skills that includes working memory, behavioral and emotional control, and set shifting.



ADHD can affect executive function in children and teens, making it harder to think through steps in a process, create logical plans, direct attention, and manage feelings.

But it doesn't affect everyone the same way. It's important to recognize the symptoms of executive dysfunction quickly so you can plan the right interventions for a child with ADHD.

What Is Executive Function?



Visual working memory
Seeing the end result of a task



Verbal working memory
Talking yourself through a task



Inhibition control
Changing behaviors and managing emotions



Set shifting
Changing focus from one task to another efficiently

1.

Working Memory Develops More Slowly in Children with ADHD Due to:



Increased inattention



Difficulty with applied math



Organizational challenges

2.

Trouble with Emotional Control Is Common in ADHD Due to:



Difficulty recognizing emotional state



Emotional dysregulation



Acting impulsively when emotional

3.

ADHD Shapes Inhibitory Control & Set Shifting Due to:



Slower ability to shift between tasks



More errors and omissions when distracted



Difficulty following instructions in class

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