

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.

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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

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



Increased inattention



Difficulty with applied math



Organizational challenges

Trouble with Emotional Control Is Common in ADHD Due to:



Difficulty recognizing emotional state



Emotional dysregulation

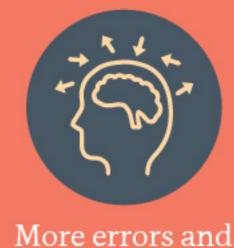


Acting impulsively when emotional

ADHD Shapes Inhibitory Control & Set Shifting Due to:



Slower ability to shift between tasks



omissions when distracted



Difficulty following instructions in class

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