

EXECUTIVE FUNCTION 101:

Overview & Parent Coaching



*Please join our Educational Specialists and Executive Function Coaches in a personalized **online** session for parents and caregivers.*

Executive functions are the cognitive skills students need to learn and manage day-to-day life tasks. These include the ability to manage their time, plan activities, organize their things, transition between tasks, and regulate their emotions. The CDM offers this practical webinar for parents and caregivers every three months to provide tips for developing executive functions. Topics to be covered at each session throughout the year will include:

- Understanding executive functions.
- Executive function expectations for elementary, middle, and high school students.
- Strategies for improving specific EF skills.
- Resources for parents.
- How to advocate for your child.

Feb. 26, May 14, August 27, or Nov. 19, 2026
7:00 pm - 8:00 pm

Session Fee: \$100. Please register with the clinic in advance for the online class login link. If your family is unable to attend this group session and/or would like additional ongoing sessions to support your child's specific needs, one-on-one sessions can be scheduled (in-person or online).



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