

Parents as Partners Conference

Workshop Session: A7

Room: 202A

Executive Functioning: What every parent needs to know

Mental Health and Well-Being Parent Partnership Committee

This workshop will introduce you to the importance of Executive Functioning for learning and well-being. Among other things, you will learn why you shouldn't say, "You did so well, you must be smart," how play can really help kids of any age learn, what happens in your child's brain during a meltdown and how mindfulness strategies can help.

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Kristina and Cynthia have each been members of the psychology department in the TDSB for over 20 years. They have theoretical and practical experience in supporting the development of executive functioning skills in students at school and at home.