

## Executive Function: Resources

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### Resources for Parents and Teachers

1. Christophersen ER, Mortweet SL: *Parenting that Works: Building Skills that Last a Lifetime*. (2003) Washington, DC, American Psychological Association, [www.apa.org/books](http://www.apa.org/books). Excellent book that stresses positive skill building approach. Great book for clinicians and parents.
2. Dawson, P, Guare R. *Smart by Scattered: the revolutionary "Executive Skills" approach to helping kids reach their potential*. Guilford Press, NY [www.guilford.com](http://www.guilford.com); for parents
3. Dawson, P, Guare R. *Executive Skills in Children and Adolescents: A practical guide to assessment and intervention*, (2004) Guilford Press, NY [www.guilford.com](http://www.guilford.com); for professionals
4. Meltzer, L (Ed). ). *Executive function in education: From theory to practice* (2007). New York, NY, US: Guilford Press.
5. *The Disorganized Mind: Coaching your ADHD brain to take control of your tasks, time, and talents*, The **New** Self-Coaching Book for ADHD Adults by Nancy Ratey, Ed. M. St. Martin's Press, April 2008 \$24.95, 320 pages, hardcover); also visit Nancy Ratey's websites [www.thedisorganizedmind.com](http://www.thedisorganizedmind.com) for more information on self-coaching for ADHD and [www.nancyratey.com](http://www.nancyratey.com) for information on ADHD coaches.
6. *Organizing from the Inside Out for Teenagers: The Foolproof System for Organizing Your Room, Your Time, and Your Life* (2002) is written by Julie Morgenstern (an organization expert) and her teenage daughter Jessi Morgenstern-Colon. Henry Holt and Company, NY. [www.henryholt.com](http://www.henryholt.com); (888) 330-8477 Dawson, P, Guare R. *Executive Skills in Children and Adolescents: A practical guide to assessment and intervention*, (2004) Guilford Press, NY [www.guilford.com](http://www.guilford.com); for professionals
7. Stein J, Meltzer L, Krishnan K, Pollica L; *Parent Guide to Hassle-Free Homework: Proven Practices that Work-from Experts in the Field* (2007) Scholastic books
8. Tanguay PB, *Nonverbal Learning Disabilities at School: Educating Students with NLD, Asperger Syndrome and Related Conditions* (2002) Jessica Kingsley Publishing Company. <http://www.jkp.com/>
9. Ziegler Dendy CA. *Teaching Teens with ADD and ADHD: A Quick Reference Guide for Teachers and Parents*. 2000. Bethesda: Woodbine House;

### Organization and Resources

1. <http://www.aboutkidshealth.ca/ofhc/news/SREF/4144.asp> for series of parent-oriented articles on developmental perspectives on executive function.
2. Brown TE. *Brown Attention-Deficit Disorder Scales*.; 2001. San Antonio, TX: Psychological Corporation
3. CH.A.D.D (Children and Adults with Attention Deficit Disorders). *Information, parent support and resource for professionals*. website [www.chadd.org](http://www.chadd.org), The federally funded National Resource Center (NRC) website, <http://www.help4adhd.org>, toll-free number (800-233-4050); English and Spanish.
4. Gioia GA., Isquith PK, Guy SC, Kenworthy, L. 2000. *Behavior Rating Inventory of Executive Function*. Odessa, FL: Psychological Assessment Resources
5. Nonverbal Learning Disorders Association [www.NLDA.org](http://www.NLDA.org), [www.NDline.com](http://www.NDline.com)
6. <http://www.addconsults.com/store> has several gadgets that can be helpful including vibrating clocks (put under pillow, personal timers that vibrate/beep ("Invisible clock), timers that show remaining time, etc
7. [www.watchminder.com](http://www.watchminder.com)- specially designed sports watch with training and reminder functions; can display pre-programmed reminders such as "backpack", "take meds"
8. *Braincogs: The personal interactive coach for learning and studying* CD-ROM Windows/Mac, developed by Lynne Meltzer, PhD and Bethany Roditi, PhD, Institute for Learning and Development, grades 4 to 8, can be used one-on-one, individualized study or whole class. Applies to all subjects, learning and study skills to "fine tune" remembering, organizing,

prioritizing, shifting and checking skills. 888-240-3734x210, email: [shoppe@fablevision.com](mailto:shoppe@fablevision.com); [www.fablevision.com](http://www.fablevision.com) for free trial

Books for Clinicians:

1. Barkley RA. *ADHD and the nature of self-control*. New York: Guilford Press; 1997. also video "A New Look at ADHD: Inhibition, Time and Self-Control. [www.guilford.com](http://www.guilford.com)
2. Brown TE. *Attention Deficit Disorder: The unfocused mind in children and adults* (2005) Yale University Press; discusses the science behind ADD and executive function disorder in a readable manner with many useful anecdotes for illustration. Appropriate for parents and clinicians
3. Goldberg E. *The Executive Brain: Frontal Lobes and the Civilized Mind*, New York: Oxford University Press; 2001; good overview, written for the sophisticated lay audience

Articles:

1. Barkley RA, Genetics of childhood disorders XVII: ADHD. Part 1. The executive functions and ADHD. *Journal of the American Academy of Child and Adolescent Psychiatry* 39 (2000), pp. 1064–1068.
2. Biederman J, Monuteaux MC, Doyle AE, Seidman LJ, Wilens TE, Ferrero F, Morgan CL, Faraone SV. Impact of Executive Function Deficits and Attention-Deficit/Hyperactivity Disorder (ADHD) on Academic Outcomes in Children. *Journal of Consulting and Clinical Psychology*. 2004; 72(5):757–766.
3. Castellanos FX, Sonuga-Barke EJS, Milham MP and Tannock R. Characterizing cognition in ADHD: beyond executive dysfunction, *Trends in Cognitive Sciences*, 2006;10(3):117-123
4. Denckla MB. Executive Function: Binding together the definitions of ADHD and learning disabilities in Meltzer, L (Ed). ). *Executive function in education: From theory to practice* (2007). New York, NY, US: Guilford Press.
5. Gioia GA, Isquith PK, Kenworthy L, Barton RM. Profiles of everyday executive function in acquired and developmental disorders. *Child Neuropsychology*. 2002;8(2):121-37. (BRIEF rating scale)
6. Hill EL. Evaluating the theory of executive function deficits in autism, *Developmental Review* (2004) 24:189-233.
7. Hinshaw SP, Henker B, Whalen CK. Self-control in hyperactive boys in anger-inducing situations: effects of cognitive-behavioral training and of methylphenidate. *J Abnorm Child Psychol*. 1984 Mar;12(1):55-77.
8. Kochanska G, Coy KC, Murray KT development of self-regulation in the first four years of life 2001 *Child Devel* 72:1091-1111
9. Klingberg T, Fernell E et al. Computerized training of working memory in children with ADHD-a randomized, controlled trial *J Am Acad Child Adolesc Psychiatry* 2005 44(2):177-186 (CogMed program)
10. Langleben, Daniel D; Monterosso, John; Elman, Igor; Ash, Brian; Krikorian, Gary; Austin, Glenn. Effect of methylphenidate on Stroop Color-Word task performance in children with attention deficit hyperactivity disorder. *Psychiatry Research*. Mar 2006;141(3) 315-320.
11. Levin HS, Hanten G. Executive functions after traumatic brain injury in children. *Pediatric Neurology* 2005. 33(2):79-93
12. Miller KJ. Executive Functions. *Pediatric Annals*.2005;34(4):310-317
13. Pennington BF, Ozonoff S, Executive functions and developmental psychopathology. *Journal of Child Psychology and Psychiatry*. 1996; 37:51–87.
14. Powell KB, Voeller Kytja KS. Prefrontal Executive Functions Syndromes in Children. *J of Child Neuro*. 2004;19(10); 785-797
15. Sonuga-Barke EJ, Sergeant JA, Nigg J, Willcutt E. Executive dysfunction and delay aversion in attention deficit hyperactivity disorder: nosologic and diagnostic implications. *Child & Adolescent Psychiatric Clinics of North America*. 17(2):367-84, ix, 2008 Apr.
16. Sinah F Training The Brain: Cognitive Therapy As An Alternative to ADHD Drugs. *Scientific American* 2005 Jul;292(1):22-3
17. Welsh MC, Pennington BF. Assessing frontal lobe functioning in children: views from developmental psychology. *Development Neuropsychology*.1998; 4(3):199-230