We thought readers might appreciate a snip-and-save section of useful tips and information from the articles in this month's issue and past issues of *Attention*.

CHADD®
CHILDREN AND ADULTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

STRATEGIES TO HELP WITH FOLLOWING DIRECTIONS

from "Helping Children with Executive Functioning" by Joyce Cooper-Kahn, PhD, and Laurie Dietzel, PhD

1. Modify the presentation of information so that it is more easily remembered.
2. Use multisensory strategies to aid recall.
3. Teach strategies and techniques to compensate for working memory weaknesses.
4. Provide templates for procedures or routines that are repeated.
5. Teach the use of concrete external storage systems to take the burden off of the internal working memory.
6. Accommodate working memory weaknesses by providing reasonable supports.

STRATEGIES TO HELP CHILDREN REMEMBER TO TURN IN HOMEWORK

from "Helping Children with Executive Functioning" by Joyce Cooper-Kahn, PhD, and Laurie Dietzel, PhD

1. Walk through the process with the child.
2. Develop templates of repetitive procedures.
3. Provide accommodations.
4. Teach the use of tricks and technology that help compensate for organizational weaknesses.

COPING WITH THE ECONOMY AND AD/HD

tips from "For the Fridge" in February 2009 Attention

1. Stay calm.
2. Assess your financial situation.
3. Seek help if you need it.
4. Reduce spending.
5. Build your savings and investments.
6. Pay off credit cards.

EXECUTIVE FUNCTIONS: RELATED AND OVERLAPPING SKILLS

as described in "Helping Children with Executive Functioning" by Joyce Cooper-Kahn, PhD, and Laurie Dietzel, PhD

1. Inhibition
2. Shift
3. Emotional Control
4. Initiation
5. Working Memory
6. Planning/Organization
7. Organization of Materials
8. Self-monitoring

HELPFUL WEBSITES

from the February 2009 Attention

Note: CHADD does not endorse products, services, publications, medications, or treatments.

www.salt.arizona.edu
Strategic Alternative Learning Techniques Center at the University of Arizona

http://adhdpartner.org
ADHD Partner Survey Blog

www.nfcc.org
National Foundation for Credit Counseling, nfcc.org

www.aiccca.org
Association of Independent Consumer Credit Counseling Agencies

www.chadd.org
Children and Adults with Attention-Deficit/Hyperactivity Disorder

www.help4adhd.org
National Resource Center on AD/HD

EXECUTIVE FUNCTIONS IMPAIRED IN AD/HD

as described by Thomas E. Brown, PhD

1. **Activation.** Organizing, prioritizing, and activating to work.
2. **Focus.** Focusing, sustaining, and shifting attention to tasks.
3. **Effort.** Regulating alertness, sustaining effort, and processing speed.
4. **Emotion.** Managing frustration and modulating emotions.
5. **Memory.** Utilizing working memory and accessing recall.
6. **Action.** Monitoring and self-regulating action.

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