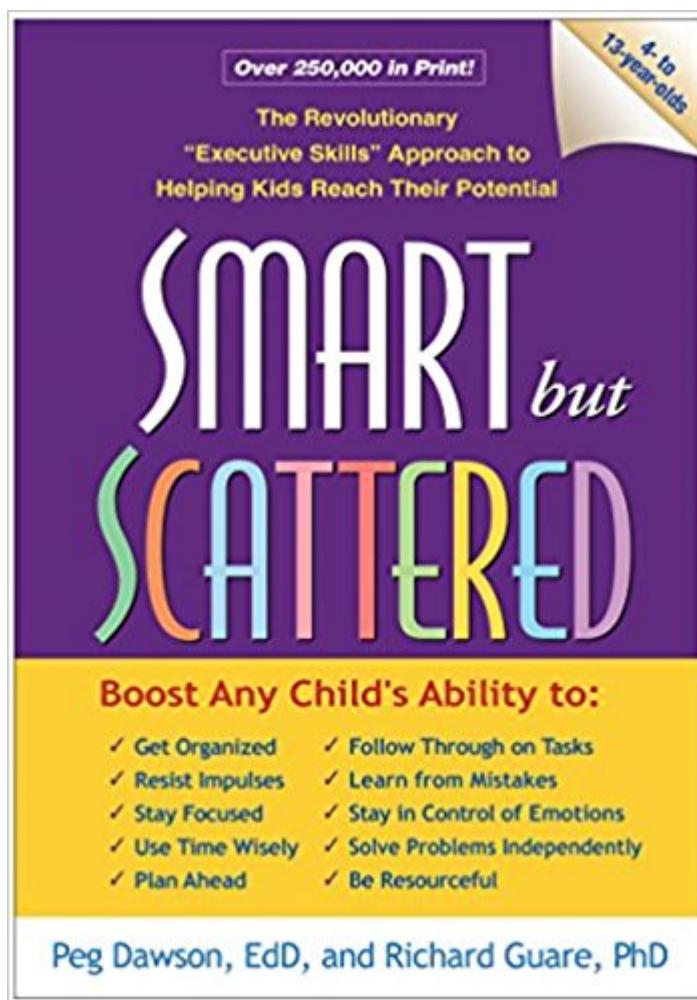


The book was found

Smart But Scattered: The Revolutionary "Executive Skills" Approach To Helping Kids Reach Their Potential



Synopsis

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" child might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.

Book Information

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"The best parent resource on executive skills that I have seen. As a parent of three children, one of whom has learning disabilities, and as a special education associate who works in the classroom, I highly recommend this book. It shows there is hope for children who are struggling, and offers practical, detailed advice."--L. Libbey, parent, Hampton, NH"Filled with real-world examples and solutions, this easy-to-read book is the first comprehensive guide to the management of children's executive skills. It gets to the heart of the matter, offering both parents and teachers accessible and highly efficient means to cope with a gamut of obstacles faced by children of all ages and abilities."--Kristina Mecelicaite, MEd, special education coordinator, North Central Charter Essential School, Fitchburg, MA "Do you feel stymied by your child's failure to live up to his or her potential? Have you run out of ideas about how to handle the situation? Look no further--this fascinating and readable book is packed full of useful ideas that will help you understand what the problem is and how you can help. It presents practical and proven techniques based on rigorous scientific research."--Peter Farrell, PhD, University of Manchester, UK; past president, International School Psychology Association"If you've ever wondered why your child struggles academically or behaviorally--despite having the right stuff to succeed--this book is essential reading. Drs. Dawson and Guare explain the importance of executive skills and provide science-based strategies that empower you to start helping your child today."--Sam Goldstein, PhD, coauthor of *Raising Resilient Children*"Drs. Dawson and Guare translate cutting-edge research into meaningful, practical, well-organized, and easy-to-implement strategies that parents can use to enhance a child's natural executive abilities. This brilliant book is by far the best on the topic that I have read to date."--Russell A. Barkley, PhD, ABPP, author of *Taking Charge of ADHD*"Groundbreaking....Compassionate and parent friendly....Dawson and Guare's personal anecdotes lend immediacy....Smart but Scattered is comprehensive, accessible, and hopeful....Dawson and Guare's work should be considered essential." (Library Journal 2009-01-04)"Fun to read....This book is quite interactive....Questionnaires are provided both for children (of various ages) as well as parents, so that they can both see their strengths and weaknesses....Techniques to teach executive skills are shown in a step-wise manner, and planning sheets are available throughout the text....Another strength of this book is its focus on the emotional aspect of executive functioning, and providing strategies to bolster the emotional skill set of children....Strongly recommended for any parent who wishes to help their children maximize their potential, even if they do not have identified academic or behavioral struggles." (Journal of the

Canadian Academy of Child and Adolescent Psychiatry 2013-02-01)"The authors provide a satisfying framework for creating environmental supports in areas needed and supplying the hands-on direction necessary for children to function well and build confidence. While Susan Erickson's distinct and assertive enunciation promotes respect for these ideas, her warmth also makes them sound inviting." (AudioFile 2012-12-01)

Peg Dawson, EdD, is a staff psychologist at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she works with children and adults. Dr. Dawson is a past president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists (NASP), and the International School Psychology Association, and a recipient of the Lifetime Achievement Award from NASP. With Richard Guare, she is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Dawson and Guare are also coauthors of *The Work-Smart Academic Planner*, Revised Edition, and books for professionals including *Executive Skills in Children and Adolescents*, Second Edition. Richard Guare, PhD, is Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. Dr. Guare's research and publications focus on the understanding and treatment of learning and attention difficulties. He is a neuropsychologist and board-certified behavior analyst who frequently consults to schools and agencies. With Peg Dawson, he is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Guare and Dawson are also coauthors of *The Work-Smart Academic Planner*, Revised Edition, and books for professionals including *Executive Skills in Children and Adolescents*, Second Edition.

Another parent here. I have three highly gifted kids who nevertheless seem unable to accomplish simple tasks. A friend recommended this book, and it's forcing me to endure a complete paradigm shift, not only about my expectations for them, but of my own weaknesses in this area. Sure, I've had trouble staying organized, I start tasks only to leave them half-completed, and I feel like I have far more potential than I produce. But until I took the inventory for parents in this book, I didn't realize how truly weak my own executive skills are all around (unless I'm inspired, and then I'm a machine! ... just like my daughter). My husband took the quiz and -- not surprisingly -- his EF (executive function) skills are nearly off the charts on the other end. He laughed a little as he said he wondered how honest I was going to be, but he agreed with my self-assessment. Suddenly, I

understand why a disastrous house sends me into tears, but he can get to work and make it spotless in a couple hours. But this book also showed me that it's not an inherent personality failure on my part -- it's that I never learned these skills properly! After just a weekend of talking about some issues together, my daughter (8) and I have created strategies to help us with our organizational skills. I'm also staying more patient with my 5-yr-old son, who is pretty much a 1 on emotional control (but quite good with organization). This book isn't an instant silver bullet solution, but it provides new ways of thinking and conceptualizing about your children's (and your own) strengths and weaknesses. If your children are also very smart, I also *highly* recommend reading this book together with: *Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children, Adolescents, and Adults* Â When you understand low and evolving EF skills in combination with overexcitabilities/intensities, you can finally stop asking, "What have I done wrong? Why are *MY* kids -- who are otherwise so bright and capable -- so sensitive/dramatic/disorganized/fidgety/distractable/loud/rebellious, etc.?" Because they *aren't* like other kids. They are shooting stars who will challenge but delight and amaze you! And the Smart but Scattered book will help them manage those overexcitabilities through developing better executive skills.

This book is actually really helpful as long as you buy the book and not the kindle edition. There are all kinds of helpful assessments and tables, that don't show up correctly on a kindle. I ended up buying the book too.

This book was recommended to me by a child psychologist and I'm very glad I bought it. It explains everything I ever wanted to know but did not know how to ask about Executive Functioning deficits. The book is big and thick and well worth the price. Recommend.

The handbook for A.D.D. inattentive caregivers.

Excellent read and guide for parents and teachers!

This isn't just helpful for kids, this slightly scattered mom likes some of the suggestions, too. I really love that they have charts and forms that I can quickly copy and use.

For sure it is good to read such a book, as even when what's written in there is logical - sometimes

you need to read it to realise it. If you have a kid read this book, it will give some new ideas, perspective and thoughts. maybe it is a little big to long and repeating some of thoughts over and over again - but still it is worth to read.

I noticed that a lot of reviews were written by special ed teachers and psychologists, and wanted to add mine as a parent. This book FINALLY shed light on the challenges my son faces at home and school. It not only gave me concrete tools and ideas to help him strengthen his executive skills, but also an understanding of what was going on, which led to more patience on my part. Nagging him to get organized and constantly reminding him to stay on task was not helping. His executive skill weaknesses were beginning to lead to low self-esteem and a "better not to try than to fail" attitude. This book has helped me to begin turning that around. It was recommended to me by a psychologist. If anyone has ever hinted that your child might be ADHD-- read this book before accepting any labels.

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