

Why do some children have difficulties with organising themselves and their possessions?

Some children find planning and managing their time and possessions harder to do. Some people call this *executive functioning* skills. This is an umbrella of skills.

- ❖ Poor time concepts- not being time aware
- ❖ Hyper-focusing on other tasks and finding it harder to switch tasks
- ❖ Difficulties forward planning
- ❖ Difficulties dividing tasks into parts
- ❖ Difficulties deciding on priorities
- ❖ Not placing things in a regular place so spending a lot of time looking for items
- ❖ Not using a diary, to do list or external prompts as reminders
- ❖ Not being sure what 'tidy' looks like
- ❖ Not learning from past mistakes
- ❖ Some children may have other ADHD traits that may need to be considered
- ❖ Some children may have other DCD/Dyspraxia traits that may need to be considered.
- ✓ Use colour coding to separate items and subjects such as timetables and to help to find books in a bag.
- ✓ Use visual and audio reminders depending on age and setting e.g. alarms on phones/computers/ timers/clocks. watch alarms as prompts and reminders
- ✓ Use visual reminders as prompts such as 'Post It notes.
- ✓ Encourage your child to get into a habit of placing items they need always in the same place when going home e.g. school bag by the front door so they put their bags back into it when finished.
- ✓ Talk about packing bags etc. the night before.
- ✓ Show what 'good' looks like so your child can see what organised is e.g. what does a tidy locker or desk look like or an assignment
- ✓ Show how to use a to-do list and practice this



Ideas to Help:

- ✓ Discuss what are the specific challenges for your child.
- ✓ Set up and show how to use a diary and or use a to- do list.