



*February mental health and wellness with  
Dr. Jules Nolan*

---

## **PARENTING SESSION**

Parenting with Executive Functioning Skills in Mind:  
Simple Strategies to Build Skill

**6:30 p.m. February 11 | 6:30 p.m. February 22**

**Register at:**

<https://calendly.com/drjulesnolan/parenting-with-executive-functioning-skills-in-mind-simple-strategies-to-build-skill>

---

Many children procrastinate, lack organization, have emotional outbursts, get “stuck” in their worries, are poor planners, or demonstrate other executive functioning difficulties. If children frequently struggle in these areas, it might be impacting their school or social success. During this talk, parents will learn about the role of executive functioning in child and adolescent development. They will better understand the areas of executive functioning and take away simple, concrete parenting strategies to help their children develop lagging skills. Participants will also gain insight into their own EF skills and how the parent-child interactions can be improved through attention to these areas in ourselves and in others.