

Hot Zones: Managing the Challenges of Daily Life

Master executive functioning strategies to help during the most challenging times of the day.

About this Course

Course Description

This course provides strategies to help adults and children overcome executive functioning deficits.

As human beings, we have a built-in capacity to accomplish goals and meet challenges through the use of high-level cognitive functions called “executive functioning” skills. These are the skills that help us to decide which activities and tasks we will pay attention to and which ones we will choose to ignore or postpone.

Executive skills influence our ability to manage our home and work life in an efficient, productive and structured manner. This is of particular importance to parents whose responsibilities are many. Children growing up in a home where parents have good executive functioning skills, have schedules and regimens that allow them to thrive and develop good executive functioning skills themselves.

Parents who do not have well developed executive functioning skills tend to have difficulties with home management tasks and providing the structure, routine and organization so necessary for running a home and raising children. These deficits are often pronounced around the “hot spots” or transitions times that occur in a parent/child’s daily life: mornings, after school homecomings and bedtimes.

This course will focus on those executive functions skills that are of particular importance to parents as they oversee the responsibilities of home life and manage those “hot spots. The executive functions of: planning/prioritizing, organization, time management and emotional control. This course offers a wide variety of strategies to help adults overcome such difficulties and function more effectively.

Fee: \$60

- When: On Demand
- Time: 1 hour
- Where: On Demand
- Speaker: Adina Soclof, MS. CCC-SLP
- Course Level: Introductory
- Target Audience: OTs, PTs, SLPs, Educator, psychologists, guidance counselors, parents, mental health professionals

Meet the Presenter

Adina Soclof, MS. CCC-SLP

Parent Educator, Adina Soclof teaches parents and professionals the art of effective communication at home and in school. She offers strategies that support character development, confidence, and resilience in children of all ages and abilities.

Adina’s professional development workshops guide teachers and other professionals to create safe spaces where children learn and grow.

Her live and online parenting classes give moms and dads the language and strategies to create a nurturing and structured home environment. Find her blog at www.ParentingSimply.com.

A Certified Speech Pathologist, Adina received her BA in History at Queens College and her MS in Communication Sciences at Hunter College.

Disclosure: Adina Soclof receives a speaking fee for her presentation. She has no relevant non-financial relationships to disclose.

Learning Objectives

- Describe executive functioning skills and deficits as they manifest in the lives of parents and children.
- Identify strategies to help parents develop their own and their children's Executive Functioning Skills of planning, organizational, time management and emotional control.
- Name practical strategies to implement good executive function skills around transition times: mornings, after-school and bedtime.

Educational Credits

Hands on Approaches, Inc. is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.

Approved by AOTA for 0.1 CEUs.

Learning Objectives will be assessed via a post-test given at the end of the webinar. A passing grade of 70% is necessary to receive a certificate of completion.

Recognized by NYSED State Board for PT as an approved provider of PT and PTA continuing education. Approved for 0.1 contact hours.

This course is approved for 1 CTLE credits.

Learning Objectives will be assessed via a post-test given at the end of the webinar. A passing grade of 70% is necessary to receive a certificate of completion.

Tentative Schedule

What are executive functioning skills?	15 Minutes
How executive functioning skills impact home/work/parenting	15 Minutes
What are 'transition' times and why they are so difficult for children to manage?	15 Minutes
Specific strategies to improve and strengthen executive functioning skills that most impact home life	15 Minutes