



Fall Parenting Workshops

October: Strengthening Your Child's Executive Functioning Skills



What exactly do we mean by “Executive Functioning”?

Essentially, Executive Functioning skills are those mental skills that help us get things done—including self-control, remembering rules, and adapting when the plan changes. Children aren't born with these skills, but they have the potential to develop them. Problems with executive functioning are often noticed when children start school.

In this workshop, you will gain insight into these skills, which can be predictors of school readiness and success. Like all skills, executive functioning can be strengthened. There are strategies you can use at home to improve impulse control, working memory, and flexible thinking. With your help and outside support, if needed, your child can learn ways to manage and work around issues with these skills.

Please register in advance at goencompassnw.org. Childcare is available, provided by the YMCA (\$5 at Sammamish, \$8 at Snoqualmie Valley; free with a family membership). No preregistration required for childcare!

Questions? Please contact Sandra “Sam” Sinanan at **425.888.2777 ext. 1226** or sandra.sinanan@encompassnw.org.

Tuesday, Oct. 17

6:30 pm

FREE

Snoqualmie Valley YMCA
35018 SE Ridge St.
Snoqualmie, WA 98065

Thursday, Oct. 19

6:30 pm

FREE

Sammamish Community YMCA
831 228th Ave. SE
Sammamish, WA 98075

Early Learning Center
1407 Boalch Ave. NW
North Bend, WA 98045
425.888.2777

Pediatric Therapy Clinic
209 Main Ave. S, Ste. 111
North Bend, WA 98045
425.888.3347

Carnation Preschool
4950 Tolt Ave.
Carnation, WA 98014
425.844.4548

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