Learning to Plan and Be Organized: Executive Function Skills for Kids With AD/HD

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Staying organized and completing projects can be difficult for children diagnosed with AD/HD, but that does not mean it is impossible. This book provides many different ideas and step-by-step instructions for elementary school-age children to learn how to be more organized and establish helpful habits. Different chapters deal with different aspects of children’s lives, such as waking up and getting ready for school, cleaning their room, and planning school projects. Fun activities are included for the children, and a special note is written for parents in order to better help families implement the strategies taught.

The step-by-step guidance and examples of what organization looks like is one strength of this manual. Readers will not be left wondering how to get organized if it is a weakness that they struggle with. The book itself is also well organized and is easy to read. However, this how-to book could benefit from additional creative suggestions to help children overcome forgetfulness and distraction, which are both main symptoms of AD/HD. Additionally, more information to help children and parents understand what AD/HD is and how to use positive motivation would also improve the manual. Overall, it is a great how-to book regarding getting organized and planning, but it could be supplemented by additional ideas and resources to help kids overcome forgetfulness and increase motivation to follow the plans.