



GrowNOW ADHD

# THE TECH EXECUTIVE FUNCTION GROW PLAN



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# Introduction

Screens are now an everyday part of life! They provide children with endless access to entertainment.

Unfortunately, screen time often limits a child's opportunity to have more *meaningful* experiences. Overtime, low levels of physical activity and personal engagement can negatively impact their health, brain and **Executive Functions**.

**SCREEN TIME** is the amount of time your child spends using a device that has a screen:

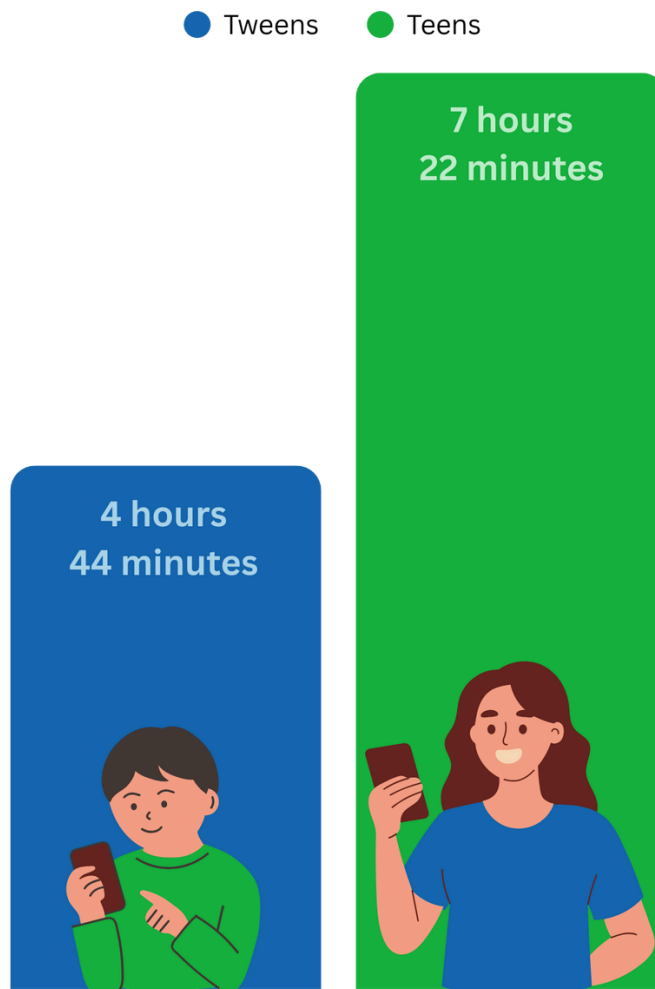
- iPad or tablet
- Computer or laptop (including computers issued by their school)
- Cell phone
- Video games

According to [Common Sense Media](#), a non profit organization whose mission is to ensure digital well-being for kids, kids are spending nearly five hours or more on their devices every day.

## Media use by tweens and teens

Source: Common Sense Media 2019 Common Sense Census

Amount of daily screen time, **not including** for school or homework.



# Video game & screens

## Gaming Addiction Disorder - it's real & it's official!

In 2018, the World Health Organization (WHO) added Gaming Addiction Disorder to their *International Classification of Diseases*.<sup>1</sup> video game addiction is an “excessive and compulsive use of computer or video games that results in social and/or emotional problems; despite these problems, the gamer is unable to control this excessive use.”

**\*For more than 2 hours per day, everyday** → is your child playing: video games, computer games, iPad games, or watching excessive YouTube videos of others playing video games?

If the answer is a clear and resounding **YES: they may have Gaming Addiction Disorder.**

### GAMING ADDICTION DISORDER



- Thinking about gaming or YouTube videos of gaming through out the day
- Jeopardizing significant relationships
- Feeling bad when you cannot play
- Emotional withdrawal when gaming privileges are taken away
- Not being able to decrease gaming time without an emotional outburst
- Excessive use despite consistent problems with parents Dishonesty and lying regarding gaming
- Using gaming to escape or leave non-preferred experiences
- Not being able to do various tasks besides gaming



<sup>1</sup> Lemmens, J. S., Valkenburg, P. M., & Peter, J. (2009). Development and validation of a game addiction scale for adolescents. *Media Psychology*, 12(1), 77–95. doi: 10.1080/15213260802669458.

# Screen Time Guidelines by Age

Recommended by the American Academy of Pediatrics (AAP) and World Health Organization (WHO)



## UNDER 18 MONTHS OLD

No screen time outside of video chatting with family, etc.



## TODDLERS (18 MONTHS-24 MONTHS)

Little to no screen time recommended

- Encourage physical and creative interaction as much as possible to promote development during this critical time. Watch along and;
- Explain what your child is watching to help them understand what they are seeing.



## PRESCHOOLERS (3-5)

Up to 1 hour per day

- Plan screen time. Explain the interaction with on-screen characters that they are watching to help them understand how the interactions apply to their world.
- Encourage creative play by finding books or toys from their favorite characters. Resist the temptation to use screen time as a calming or distracting device.



## ELEMENTARY SCHOOL AGED (6-10)

Up to 1 hour per day

- Place consistent limits on time spent using media, and the types of media being consumed.
- Prioritize completing homework before screen time. Continue to encourage healthy habits for sleep, creative time, physical activity, and relaxing time.



## MIDDLE SCHOOL TO COLLEGE AGE (11-21)

Up to 2 hours per day

- Allow the to work on balancing screen time to fit into their schedule.
- Encourage and explain the benefits of moderation especially if you find your child getting really into a certain video game for a week or two.

# Executive Functions & ADHD

**Executive Functions** are located in the frontal lobe of the brain right behind the forehead.

Think of Executive Function Skills as the 'air-traffic controller' of the brain. Without it, everything would fall apart. It is the foundation for all growth, productivity, and independence.

- Executive Function skills have been identified as the foundation that all children need to negotiate the demands of childhood and adolescence.
- These brain-based skills become more and more critical as children venture into the world with **decreasing parental supervision and guidance**.
- Kids who develop strong Executive Functions experience lifelong benefits.
- These skills are crucial for learning → academic achievement, relationships, & occupational success.
- Executive skills allow children to make healthy and positive choices.
- They are developed by increasing motivation, engagement, and regulation through *positive relationships and meaningful experiences*

Executive Dysfunction & ADHD are best described as a disorder of the SELF → an inability to fully care of one's self. These kids are prompt-dependent and not independent. They require therapeutic intervention, help, understanding, empathy, and most importantly → *structure*.

## Think of ADHD as a disorder of Self-Care :



**Self-Regulation**



**Self-Motivation**



**Self-Evaluation**

And much of these issues comes from a lack of Self-Talk. Children with ADHD often do not talk to themselves! Think of how often you use your internal language. From the moment you wake up to the second you fall asleep. You are in constant dialogue with your brain, thoughts, and feelings. For these kids, either they have no internal voice, or the volume is just turned down way too low.

This lack of Self-Talk causes deeper problems as well:

- Difficulty with social perspective-taking.
- A time-blindness and an inability to feel or sense time.
- A lack of future-thinking skills and an inability to forecast themselves into the future.
- A lack of episodic working memory - ability to recall experiences and feelings from past events that can help them in the present.

# Gaming Effects on Executive Functions

## Negative Psychological Effects

A number of negative psychological health consequences have been reported in association to video game addiction, such as *depression, suicidal ideation and anxiety*. In addition, one study

found that video game addicted boys had higher levels of sleep disturbance. Youth who were addicted gamers had a greater risk of feeling low, irritable or in a bad mood, nervous, being tired and exhausted, and feeling afraid, when compared to non-problem gamers.

## Decreased Meaningful Social Interactions

Social media and texting have replaced many face-to-face social activities that older generations grew up with, therefore, teens are spending less time interacting in person leading to higher levels of anxiety, depression, and loneliness.

Today's online games such as Fortnite, disguise themselves as "social games." Kids log-in and play with their friends and many parents rationalize it as a "social experience," by thinking that this is "just how kids socialize today." *Incorrect*. Many, many kids today still play outside, ride bikes, play sports, exercise, explore, and learn new hands-on hobbies. These online games are NOT social. They are not a true social experience. Language is crucial to a true social experiment. Take note of the language your child uses while playing online games. The language is quick, concise, mundane, choppy, and solely focused on the game. Boys and girls need emotional connections from their social experiences - there are NO emotional connections made during online gaming. Social skills are not gained or refined during gaming with peers.

## Irritability

When kids play on screens or video games, they get a constant release of the pleasure chemicals in the brain: dopamine, oxytocin, vasopressin and serotonin. Playing games causes these chemicals to be consistently released at high volumes. By the time they are done gaming - they're spent. Now, nothing can entertain them or hold their attention anymore. Have you ever noticed your child is extra moody and rude after playing games for a few hours? Now you know why.

## Lack of Life-Skills

Parents complain that they cannot get their kids to do the most basic tasks. They do nothing around the house, no chores, no responsibilities. If they are able to do some chores, there is no quality to their work. They cannot get their kids to engage in any meaningful physical activity. Hands-on, trial & error play is crucial for brain development and maturation. When excessive focus and energy goes into gaming, there is nothing left to build more significant skills.

<sup>2</sup> Choo, H., Gentile, D. A., Sim, T., Dongdong, L., Khoo, A., & Liau, A. K. (2010). Pathological video-gaming among Singaporean youth. *Annals Academy of Medicine*, 39(11), 822–829.

<sup>3</sup> Mentzoni, R. A., Brunborg, G. S., Molde, H., Myrseth, H., Skouvrøe, K. J. M., Hetland, J., & Pallesen, S. (2011). Problematic video game use: estimated prevalence and associations with mental and physical health. *Cyberpsychology, Behavior and Social Networking*, 14, 591–596. doi:10.1089/cyber.2010.0260.

# Get Proactive!

## Managing Screens

Be proactive by setting clear guidelines and expectations when ALL electronic devices in the home. Consider things like:

**Who** may use it?

**When** may it be used do?

**Why** is this rule being set?

**What** may it be used to do?

**Where** may it be used do?

**How** will this rule be enforced?



Having a plan and accountability in place will help avoid the mindset of waiting for a problem to surface before you set boundaries with your child and her new device. Stick to your values about violence or other inappropriate content.

- **Watch** what you and your kids are doing. Learn the technology they're using.
- **Model** good screen time – introduce them to your screen-based interests and look at your own phone/screen use.
- **Ensure** they Engage in other activities DAILY: Talk to your children about balance and moderation. Participate in regular, physical activity together – walks, bike rides, trips to the park, etc.
- **Listen/Observe** what your kids think about screens. Understand their love for technology and have your child teach you to play and play along with them.
- **Enforce** Screen-Free Times to make family connection a priority. Times around dinner or before bed are ideal.

### Make a Concrete Schedule - Structure is MUST

ONE or TWO hours a day - **do NOT exceed two hours per day (recommendation)**

**ONLY** after they complete significant non-preferred tasks:

**After** homework is done

**After** chores are done

**After** exercise or physical activity is done

**After** reading



# Authoritative Parenting

Authoritative Parenting does NOT mean there is yelling, screaming, and anger in the home.

This phrase has been widely misunderstood and has gained a poor reputation in today's culture. Authoritative Parenting means that you enforce specific guidelines in your home, and you stick to them. Simple as that. You can be an authoritative parent and NEVER yell or scream at your child. You can be as loving as possible and continue to have an incredible relationship with them - even with strict guidelines on screens.

There are decades of research that show the positive effects of family structure and authoritative parenting: studies show that children raised by authoritative parents are more likely to demonstrate independence, self-control, and academic and social success.

**As I said on the last page:** many parents never enforce screen and video game limits in their home because they are afraid of their child's possible reaction.

Many parents would rather go through daily battles for *years* over screens than go through a possible few hours (or days in extreme cases) of behaviors after they introduce them to the new limited screens plan.

What to do when your child has a terrible reaction to the new screen time plan:

## 1. Avoid Any & All Arguments → Decrease & Eliminate Language

- As soon as your child hears the new screens plan ,their fight or flight response will instantly kick into gear. Their first thought will be: "I can talk my parents out of this. Either with negotiation, yelling, or behaviors."
- Tell them the plan, and then *that's it*. No more language. More language will make things *much worse*. Language can be very anxiety-producing for kids with ADHD or Executive Function deficits. Stay calm, stay silent, stay strong!

**Remember:** when your child is elevated and dysregulated, language does not get through to them at all! You will have to wait it out a significant amount of time before a helpful conversation can take place.

## 2. Make sure your child is in a safe room

- Some kids will attempt to break things just to show how angry they are
- Make sure valuable items are out of their sight and reach
- Ensure they are safe and they are unable to hurt others, and most importantly - themselves

# Remember:

All behavior is communication.

Sometimes we only want to believe that when it's warm and fuzzy and we are taught the child is "connection-seeking"?

But what are your child's daily behaviors actually telling you?

They may be telling you:

- "my brain isn't ready for screens yet"
- "You gave me too many screens, too soon"
- "I am not ready for this level of stimulation"
- "When screens are in my life, I have zero motivation to do literally anything else"

If this is your child, they simply cannot handle or have screens yet.

The recommendation for you isn't 1-2 hours per day – it is **FULL REMOVAL**. Your child isn't ready. They have to go.

Every single parent needs to understand: There is no "gaining skills" to teach them a "balance". You can't sign them up for therapy to "gain skills" to help on screens less. We don't teach kindergartens advanced calculus for a reason. Their brains are not ready. Expecting a screen addicted child or teen to "gain skills" and "resist" the phone and do something else is a parenting pipe dream. It's not going to happen.

Either you be an authoritative parent and do something about it, or the problem persists. You have to be able to persevere through their **2-3 weeks of withdrawal behaviors**. Because that's exactly what they will do, withdraw. Because screens are a drug

They will not lose friends. They will not hate you forever. They will not be "less prepared" for the future"

You need to remove the screens completely until they **SHOW YOU** that they are ready. And this will take a **VERY** long time. There is few things better for the child/teen brain than a very long screen detox.

### 3. Keep your eyes on the long-term → Remember that these reactionary behaviors are **temporary!**

- Focus on long-term and how much this new plan is going to help your child and your entire family.
- Your child will not be mad forever! This is their initial fight/flight response to losing their drug. Wait it out, stay strong.
- Kids can take advantage of the unconditional love of their parents. They know that no matter what they do, their parents will always love them and be there for them. That's why you see the worst of their behaviors, and so many people get to see a totally different side of them.

ADHD Specialist, Ryan Wexelblatt (LCSW), explains the dangers of Permissive Parenting (allowing kids to have constant and open access to games) in [ADDitude Magazine\(2020\)](#) :

Here's how allowing kids with ADHD to make adult decisions may have significant ramifications:

- When parents accommodate a child's inflexibility (i.e. an unwillingness to try new things), this often leads to even greater inflexibility and, ultimately, an unwillingness to accept help.
- Kids with ADHD often say "No" to anything new or unfamiliar. When they can avoid new experiences, they are denied the opportunity to learn about themselves, develop their strengths, and build confidence through independent experiences.
- When children with ADHD and anxiety are allowed to avoid anxiety-producing situations, they are denied the opportunity to learn they can move through anxiety, which in turn denies them an important opportunity to develop resiliency and confidence.
- Many kids with ADHD who are unmedicated but should not be, which greatly impacts their ability to learn in school, regulate themselves, and feel successful. Kids do not have the foresight or emotional maturity to know what will help them over the long term. When parents allow their kids to dictate whether they take medication, their learning, social relationships, and overall health and well-being can be greatly impacted. If you allow your child to dictate whether they take medication, you are doing your child a tremendous disservice that may have long-term ramifications.

Find more of Ryan Wexelblatt's (LCSW) work at [ADHDDude.com](#) and [ADDitudeMag.com](#)

# RESOURCES

Use the following activities and tools to help set boundaries to create healthy screen time habits.

## Activities

1. Record your child's screen time. Write it down on the worksheet. Go over it with them.
2. Fill in a record chart for days where screen-free times are enforced.
3. Reward and positive praise for success and compliance.
4. Removing or turning off digital devices in the child's bedroom 2 hours before bedtime to enforce limits and encourage a consistent sleep routine.

## Tools

Create a custom family media plan by using the [healthychildren.org](https://www.healthychildren.org) planner. Screen-time tracking and parental control apps on the App Store:

- Zift
- Screen Time
- Space



### Apple Screen Time

- Daily Screen Time Downtime
- App Time Limits By Category
- App Use Time Tracking
- Pick Up Tracking
- Content Control



### Google Family Link

- Daily Screen Time Limits
- App Time Reports
- Remote Lock
- Location Tracking
- App Approvals
- Share Across Devices
- Teacher Recommended Apps

# HOW TO SET UP PARENTAL CONTROLS

Using parental controls on devices is an **easy and effective way to set usage boundaries**

It is highly recommended you take the time to set up parental controls on ALL devices in the home - you will thank yourself later! This will eliminate attempts to negotiate and verbal conversations around screens with your child.

The following section provides steps on how to set up the parental controls for each major device:



Time limits can only be set through your Microsoft account in your browser. You can make them apply to the console as well as to the PC.

1. Sign in to your [Microsoft account](#).
2. On your family page, scroll to your kid's name and select Screen Time. (If you don't see your kid's name, use "Add a family member" to add their account to your family group or create a new account for them if needed.)
3. To set one limit that applies to both the Xbox and the PC, turn on "Use one screen time schedule."
4. To manage time limits separately, scroll down and turn on screen time for Windows devices or Xbox, whichever you want to set first.
5. Click "Set a time limit." Then choose a start time and an end time for each day of the week.
6. You can program the Xbox to send a notification to your kids when their screen time is ending.
7. To do this, press the Xbox button on the controller.
8. Select System > Settings > Preferences > Notifications > Xbox Notifications > System and turn on "System notifications." Your kid will see the clock countdown when time is ending.

## How to turn off chat on the Xbox One using the console

These settings are found in the privacy and online safety section and also turn off other social features.

1. Sign in to your Xbox.
2. Press the Xbox button to [open the guide](#). Then go to System > Settings > Account.



3. Select Family settings > Manage family members.
4. Choose a family member, then select Privacy & online safety > Xbox Live privacy > View details and customize > Communication & multiplayer.
5. Select the setting “You can play with people outside of Xbox Live” and click “Block” to turn it off. (This prevents all cross-network play — for example, between your kid on her Xbox and her friends on their PlayStations or Nintendos.)
6. Alternatively, if you’re OK with your kid playing cross-network but not OK with them talking and texting with strangers, allow cross-network play but restrict chatting to specific people. Select “You can communicate outside of Xbox Live with voice & text” and designate a player or players with whom your kid can talk within a specific game.

### **How to turn off chat on the Xbox One using the browser**

These settings are found in the privacy and online safety section and also turn off other social features.

Sign into your Xbox Live account.

1. Choose your kid’s gamertag.
2. Select Privacy and Online Settings.
3. Default privacy and safety settings are in place for adults, teens, and children, but you can customize them. Click Custom.
4. Review the settings under Activities, Privacy, and Content.
5. It’s safest to block things entirely or limit them to “Friends Only.”
6. Save your settings and have your kid log out and log back in for them to take effect.

### **How to limit mature content on the Xbox One using the console**

You can limit access to games as well as websites on the Xbox.

1. Sign into your Xbox.
2. Press the Xbox button to open the guide. Then go to System > Settings > Account > Family.
3. Select “Manage family members”, then find your kid’s name and select “Access to content,” then select the age limit you feel is appropriate for your child. Microsoft automatically sets default age restrictions for kids, but you can customize them.
4. Go back to the Family page and select “Web filtering.” Select the drop-down menu to view the available options.
5. When your kid requests to use a blocked app or game, you can approve it and add it to the Always allowed list, which is under Content restrictions. You can also add websites to Always allowed. You can respond to their requests from your email, from your family profile, or in person, of course.



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## How to limit mature content on the Xbox One using the browser

You may find that using your Microsoft account is the most efficient way of enabling restrictions.

1. Sign in to your **Microsoft account**.
2. Scroll to your kid’s name and select Content restrictions.
3. Next, go to Apps, games & media and turn on “Block inappropriate apps, games & media.”
4. Under “Allow apps and games rated for,” select the age limit you’d like to apply to your kid.
5. Scroll down to Web browsing and turn on “Block inappropriate websites.”
6. When your kid requests to use a blocked app or game, you can approve it and add it to the Always allowed list, which is under Content restrictions. You can also add websites to Always allowed. You can respond to their requests from your email, from your **family page**, or in person, of course.



Add users of your PS4 system or other players to your family. When you set up your family, you can customize parental controls for each child in your family, allowing them to use your PS4 system safely.

Conditions for the use of family features vary by country or region. For details, visit the customer support website for your country or region. You can configure parental controls from your PC or smartphone. <https://www.playstation.com/acct/family>

- You can also set parental controls for users other than family members, if they have never signed into PlayStation™ Network. Select (Settings) > [Parental Controls/Family Management], and then from [Users on This PS4], select the user that you want to set parental controls for.

### **Set up your family**

The family manager is an adult user who can add and manage family members. Select (Settings)>[Parental Controls/Family Management] > [Family Management], and then follow the on-screen instructions to enter your sign in information. Select [Set Up Now], and then follow the on-screen instructions to add family members.

- A user can be in only one family.
- You can create new users and add them as family members. If a user is a child, depending on the child's age, a message may appear asking if you want to allow your child to join PlayStation Network. You can set parental controls before allowing your child to join PlayStation Network.

### **Appointing a Parent/Guardian**

As the family manager, you can appoint another adult as a parent or guardian.

Select (Settings) > [Parental Controls/Family Management] > [Family Management], and then follow the on-screen instructions to enter your sign-in information. Select an adult family member that you want to appoint, and then select the checkbox for [Parent/Guardian].

### **Viewing or changing settings**

Select (Settings) > [Parental Controls/Family Management] > [Family Management], and then follow the on-screen instructions to enter your sign-in information. Select a family member to view or change the following settings.



You can see how long your children play on your PS4™ system or limit when and how long they can play. These settings apply to children who are members of your family. Play time is the amount of time your child is logged in to your PS4™ system, even if games or applications are not running.

To check or restrict play time, you need to set a time zone for each child. Play time is reset at midnight in the time zone you set. Select (Settings) > [Parental Controls/Family Management] > [Family Management], and then follow the on-screen instructions to enter your sign-in information.

Select a user from the screen that appears, and then select [Time Zone].

To check your child's total play time for the day and see information for each child, select: (Settings) > [Parental Controls/Family Management] > [Family Management]. Children can see how much play time they have on the following screens:

Login screen

- Upper right of the home screen
- Quick menu (Settings) > [Parental Controls/Family Management] > [Play Time for Today]
- To restrict play time, select (Settings) > [Parental Controls/Family Management], and then choose restrictions you want to apply to that user.

To change play time for today, extend or shorten your child's play time on the day they play. Select [Restrict] to set when and how long your child is allowed to play each day. When the set play time ends, a pop-up notification appears repeatedly on the screen to let your child know that they're out of play time. The PS4™ system can also automatically log your child out when play time ends. The default setting is [Notify Only]. You can set the same play times for every day, or set specific restrictions for each day of the week.



To set up parental controls for the Nintendo Switch use the Nintendo Switch Parental Controls™ mobile app. You can decide which games they can play and you can set limits on how long or how late your child uses the device. You can also limit sharing of in-game text or images and restrict the ability to post screenshots to social media.

## 🍏 iPhone    🍏 iPad

### **Guided Access on iPhone/iPad/iPad**

Guided Access limits devices to a single app and lets you control which features are available. You can turn on Guided Access when you let a child use your device, or when accidental gestures might distract you.

#### **Set up Guided Access**

1. Go to Settings >Accessibility, then turn on Guided Access.
2. Tap Passcode Settings ,then tap Set Guided Access Passcode.
3. Enter a passcode, the re-enter it. From here, you can also turn on Face ID or Touch ID as a way to end a Guided Access session.



### **Apple - Mac Computer**

If your child is going to be using your Mac you may want to set up restrictions to what they have access to. You can manage the following options:

- Apps: This menu lets you control access to your Mac's built-in camera, restrict the ability to join multiplayer games in Game Center, restrict use of Mail to known contacts, and limit access to installed apps.
- Web: This tab lets you limit access to websites via any browser.
- Stores: Here you can manage use of the iTunes Store, and limit access to music, movies, TV shows, apps, and books.
- Time: Schedule time limits so the account can only be used on weekdays, weekends, and bedtime, for example.
- Privacy: This menu lets you control which apps and services can access user data.
- Other: Options in this menu included is a bling use of Siri and Dictation, preventing access to printer and scanner settings, burning discs, hiding profanity in dictionaries and wikis, and preventing the Dock from being modified. You can also opt from here to present as implified view of the Mac desktop.

### **How to Manage Restrictions in Parental Controls**

1. Click the Apple ( ) symbol in the to left corner of your Mac's screen and select System Preferences....
2. Select the Parental Controls preferences pane.
3. Click the lock in the lower left corner of the window.
4. Enter your admin password if prompted and click Unlock.
5. Select the user account that you want to set restrictions for from the column on the left.



## Windows Computer

Microsoft offers parental controls to help keep children safe when they use the family computer. You can set up restrictions on application types, allowed websites, and how much time they can spend on the computer and other Windows-based devices. Detailed reporting is also provided after parental controls are set.

The parental controls are only applied when your child logs in to a Windows device using their own Microsoft Account. These settings do not prevent what they do on their friends' computers, school computers, or their Apple or Android devices, or when they access a computer under someone else's account, including your own.

Follow these steps to set up the controls:

1. Select **Start** and choose Settings to launch the Windows Settings app.
2. Select **Accounts**.
3. In the left pane, select **Family & Other Users**.
4. Select **Add a Family Member** if your child does not have a separate account on your device. This step launches a Microsoft Account wizard.
5. Select **Add a Child**, then enter your child's email address or select **The Person I Want To Add Doesn't Have An Email Address**.
6. Read the information offered (what you see here depends on what you selected in Step 5) and choose **Close**.

## How To Prevent Arguing During Non-Gaming Times

It is highly recommended that you completely remove access to the controllers, cords, etc. so that the child cannot sneak in gaming during off-hours. As we know, our kids can be very creative, sneaky, and sometimes manipulative! They love to negotiate increasing gaming time, here is a way to eliminate that:

For additional management, consider purchasing and using a lockable storage trunk. This will ensure that controllers remain in parent's possession during non-gaming times. Here's a good option from Amazon.com: [Sterilite 16 Gallon Storage Trunk \(Footlocker\)](#).

# SUMMARY

1. Create a family/household screen time structure plan today! Do not wait!
2. Figure out exactly how you want to limit screen time in the home:
  - 2 hours per day (recommended)
  - A specific amount of hours per day
  - Only on certain days
  - Only on weekends
3. Use the appropriate **SCHEDULE WORKSHEET** to display the times for screens that you decide upon for your family. You may want to print, laminate, and post.
4. Screen time must always be earned and given after non-preferred tasks are completed.
  - Use **EARN YOUR SCREEN TIME WORKSHEET** to track completion of tasks.
5. Parents should be in full possession of controllers/cards during non-gaming times. It is crucial that you control the environment. If the console is available and gaming is possible in the environment, it will be too difficult for the child to resist and it will create opportunities for manipulation and sneaking. Look into purchasing the locking trunk.
6. To help them with their time management skills, use the **CLOCK WORKSHEET** to help them visualize their time.
7. For negative and unexpected behaviors, use the **UNEXPECTED BEHAVIORS WORKSHEET** to create a system of accountability. Children with Executive Function challenges require increased structure and accountability.
8. Use the **SCHEDULE** and **AGENDA WORKSHEETS** to help your child plan their days and keep track of school assignments.
9. Do not allow any gaming on a school-issued computer. Contact the school's IT department immediately to ensure all gaming websites are blocked. Children are very creative in sneaking in gaming during school time and also then deleting their web browsing history.
10. Take the time to set up Parental Controls on all gaming systems, iPhone, iPad, and computers.
11. **STAY STRONG** — the behaviors will be temporary — focus on long-term growth!

# WORKSHEETS - PRINT & USE!



## SCHEDULE

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Week 1

Week 2

Week 3

Week 4



## Schedule

Only available

from \_\_\_\_\_

to \_\_\_\_\_

Here is a **sample** of what an “Earn Your Screen Time” chart may look like.

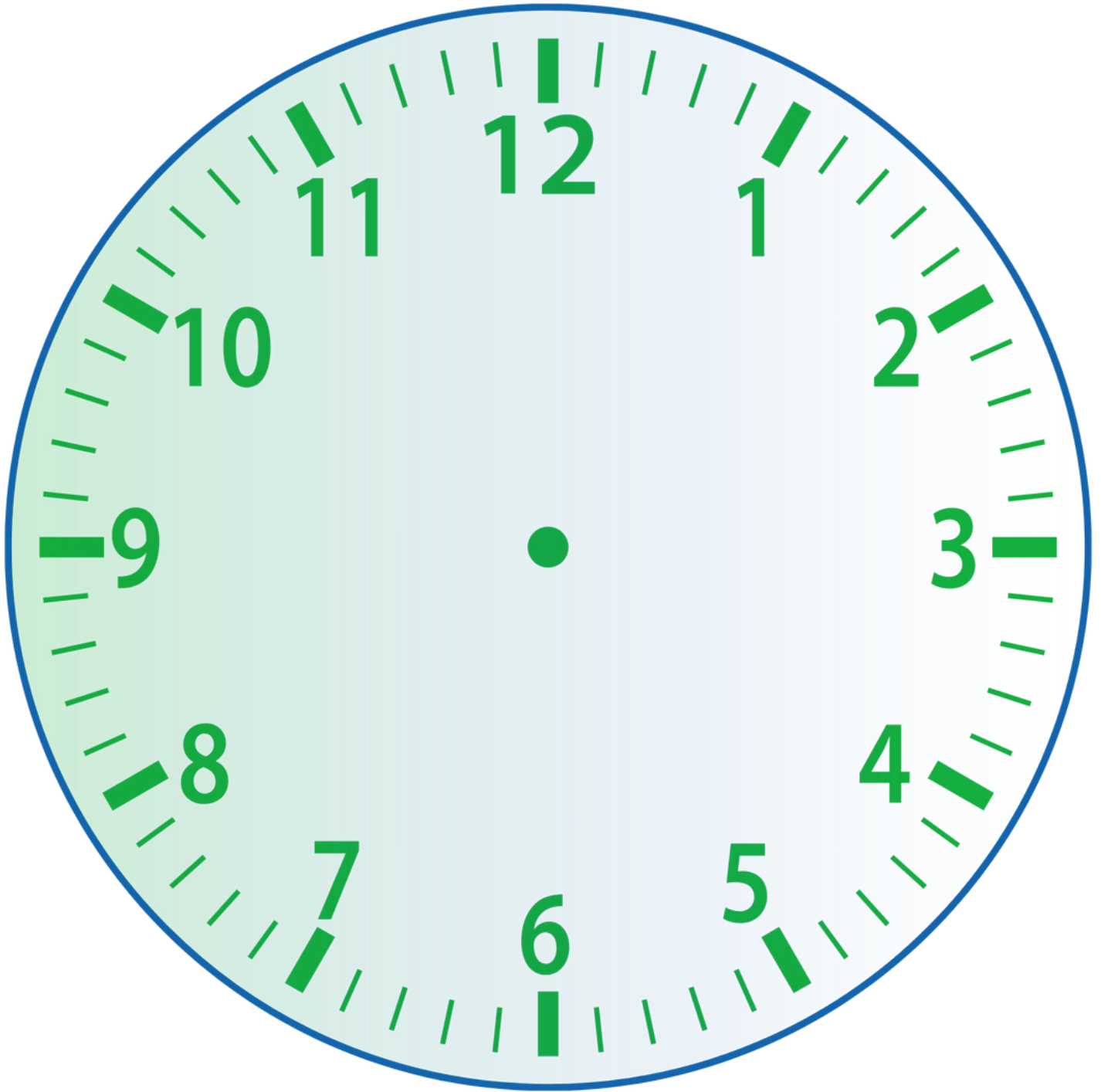


# Earn Your Screen Time

<b>Have you?</b> Check it off when it's done	M	T	W	T	F
Made your bed					
Gotten Dressed					
Put away dirty cloths					
Eaten Breakfast					
Brushed your teeth					
Combed your hair					
Done something creative					
Read for 20 minutes					
Done something kind					
Played outside for 30minutes					
Cleaned up your room/play aread					
Written a story or colored					
Donesomething helpful					

**You can earn screen time!**





# UNEXPECTED CHOICES

## Parents Own & Determine the Screen Time

UNEXPECTED CHOICE	RESULT
NOT putting device away at the agreed time each evening	Turn the phone in an hour earlier the next night
Using devices in UNCOMMON spaces (bedroom, bathroom, etc.)	Device is put away for the rest of the day and is not used at all the next day
Keeping the phone with you while doing homework	The device gets put away for the rest of the day
Playing video games longer than the agreed time limit	Shorten playtime by 10 minutes the next scheduled video game play time
Using the phone in class	The phone must stay home the next day. If it happens again, for the next week

Other 'Result' options, based on the unexpected choice, could include:

- Lose 5 mins of screen time
- Lose 15 mins of screen time
- Lose one hour of screen time
- Lose screen time for the day





Date \_\_\_\_\_

# Schedule

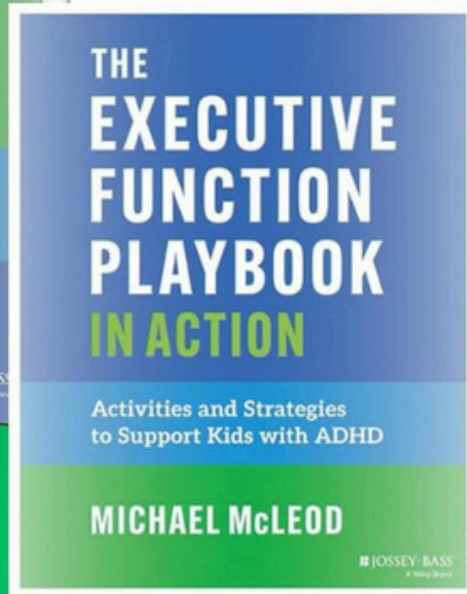
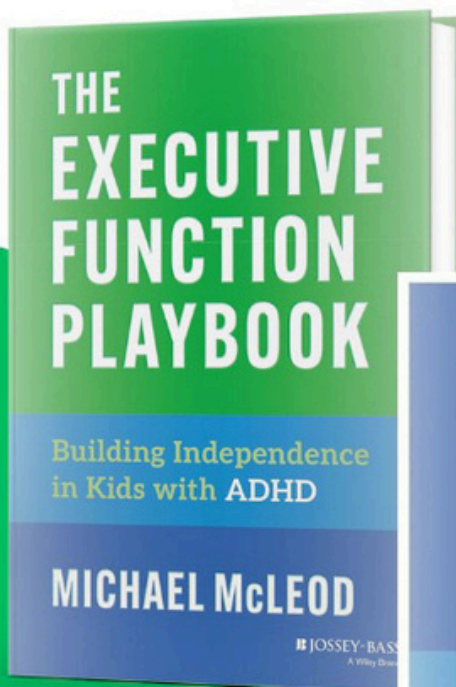
TIME	ACTIVITY
7:00-7:30am	
7:30-8:00am	
8:00-8:30am	
8:30-9:00am	
9:00-9:30am	
9:30-10:00am	
10:00-10:30am	
10:30-11:00am	
11:00-11:30am	
11:30-12:00pm	
12:00-12:30pm	
12:30-1:00pm	
1:00-1:30pm	
1:30-2:00pm	
2:00-2:30pm	
2:30-3:00pm	
3:00-3:30pm	
3:30-4:00pm	
4:00-4:30pm	
4:30-5:00pm	
5:00-5:30pm	
5:30-6:00pm	
6:00-6:30pm	
6:30-7:00pm	
7:00-7:30pm	
7:30-8:00pm	

# Daily Agenda

Subject	Assignment	DONE ?		TURNED IN?	
		YES	NO	YES	NO



# ***This book changed how I understand ADHD***



*It's not about fixing kids. it's about teaching them how to thrive. The Executive Function Playbook is an inspiring guide for anyone raising or teaching children with ADHD.*

**Get your copy now!**



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**GrowNOW ADHD**  
Developing Independence Since 2016

# Executive Function Coaching & Parent Training

Licensed & Nationally Recognized  
ADHD-Executive Function Specialists



## We are your dedicated ADHD and Executive Function Professionals

- ✓ Work directly with the student to strengthen Internal Skills
- ✓ Collaboration with teachers and staff
- ✓ Direct Parent Training & Coaching

- ✓ Your own personalized Executive Function Specialist. We tailor everything toward the unique student and family. Your own personalized Grow Plan for Independence, Positivity, and Success!
- ✓ With our Expert Coaches, your child/teen will receive 1-1 Skill Coaching, combined with an intensive focus on Parent Coaching & Training
- ✓ We offer virtual and in-person sessions, where available. Our sessions are highly engaging and motivating to students, unlike what they have experienced before!

### Focus on all 3 Zones of Executive Function



### We work directly with students and families- following the research-based GrowNOW Model of Internal Skills:

Self-Regulation of emotions & behaviors

Self-Motivation toward non-preferred tasks

Self-Awareness

Self-Evaluation

### Real World PROGRESS

- ✓ Typically a significant decrease in dysregulation and behaviors
- ✓ Improvements in work completion and homework, higher test scores and grades.
- ✓ Parent, teacher and self reporting of more meaningful relationships and social engagements