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TCEC AUTISM PARENT NEWSLETTER

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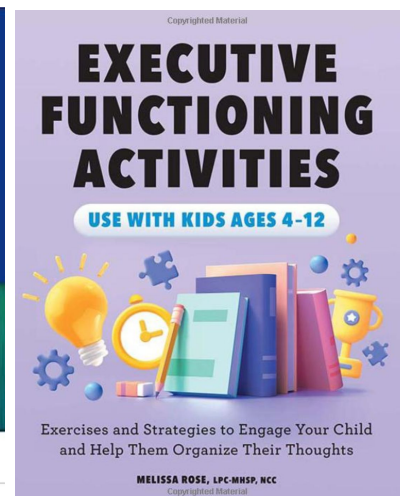
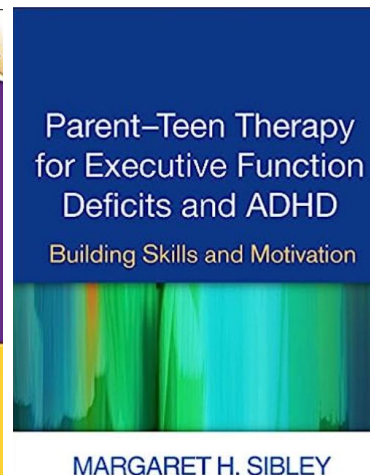
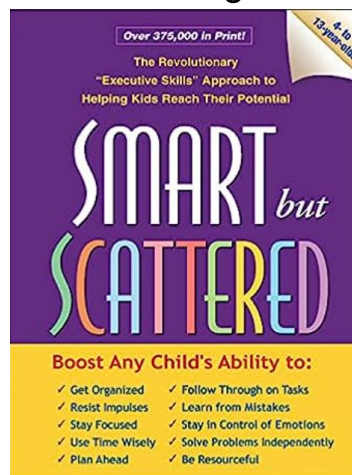
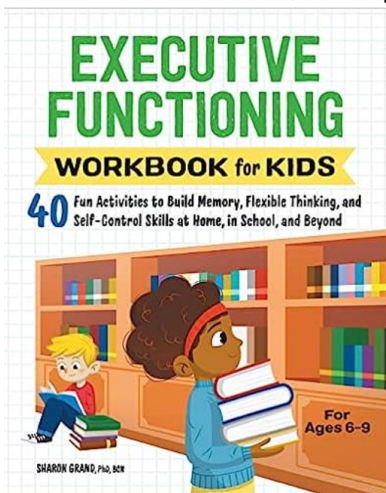
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- Executive Functioning Coaching (EFC)
- EFC Resources
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What is Executive Functioning Coaching (EFC)

Teaches people self-management skills that are essential to navigating daily task (control thoughts, emotions, and actions). Executive Functioning (EF) skills underlie an individual's ability to plan ahead, display self-control, follow multi-step directions, and remain focused even when distractions are present. EFC is brain-based training that targets the prefrontal cortex, which is responsible for the following EF skills: focus, working memory, perspective memory, organizing/planning, mental flexibility, self-awareness, and problem-solving.



Peg Dawson, EdD, and Richard Guare, PhD

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We understand every family has unique challenges, so if you would like assistance with what you struggle with the most, please reach out.

Would you like more information regarding a strategy we have sent home?

Is it hard to balance life as a parent? We want to know, so we can help!

Please email the ABC coach at your district or complete link to google form below:

<https://forms.gle/fSGL8D5RAHRuHvaT8>



AUTISM WEBSITES/RESOURCES

www.txautism.net - training, support, and resources

<http://autismcircuit.net/> - tools and techniques, free downloads

<https://www.autismspeaks.org/> - dedicated to promoting solutions, advocacy, and support

Autism doesn't come with a manual, it comes with a parent who never gives up!