

What are the symptoms of executive functioning issues?

Executive functioning issues can produce a wide range of symptoms. Depending on which skills your child struggles with the most, and the particular task she's doing, you might see the following signs:

- Finds it hard to figure out how to get started on a task
- Can focus on small details or the overall picture, but not both at the same time
- Has trouble figuring out how much time a task requires
- Does things either quickly and messily or slowly and incompletely
- Finds it hard to incorporate feedback into work or an activity
- Sticks with a plan, even when it's clear that the plan isn't working
- Has trouble paying attention and is easily distracted
- Loses a train of thought when interrupted
- Needs to be told the directions many times
- Has trouble making decisions
- Has a tough time switching gears from one activity to another
- Doesn't always have the words to explain something in detail
- Needs help processing what something feels/sounds/looks like
- Isn't able to think about or do more than one thing at a time
- Remembers information better using cues, abbreviations or acronyms

As your child's brain continues to develop, the symptoms of executive functioning issues may change. [Early intervention](#) can help you find ways to use your child's [strengths](#) to support weaknesses starting when she's young. But since the brain continues to develop into young adulthood, intervention can be helpful at any age