



Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

By Peg Dawson, Richard Guare

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There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" child might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help.

The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.

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Editorial Review

Review

"The best parent resource on executive skills that I have seen. As a parent of three children, one of whom has learning disabilities, and as a special education associate who works in the classroom, I highly recommend this book. It shows there is hope for children who are struggling, and offers practical, detailed advice."--L. Libbey, parent, Hampton, NH

"Filled with real-world examples and solutions, this easy-to-read book is the first comprehensive guide to the management of children's executive skills. It gets to the heart of the matter, offering both parents and teachers accessible and highly efficient means to cope with a gamut of obstacles faced by children of all ages and abilities."--Kristina Mecelicaite, MEd, special education coordinator, North Central Charter Essential School, Fitchburg, MA

"Do you feel stymied by your child's failure to live up to his or her potential? Have you run out of ideas about how to handle the situation? Look no further--this fascinating and readable book is packed full of useful ideas that will help you understand what the problem is and how you can help. It presents practical and proven techniques based on rigorous scientific research."--Peter Farrell, PhD, University of Manchester, UK; past president, International School Psychology Association

"If you've ever wondered why your child struggles academically or behaviorally--despite having the 'right stuff' to succeed--this book is essential reading. Drs. Dawson and Guare explain the importance of executive skills and provide science-based strategies that empower you to start helping your child today."--Sam Goldstein, PhD, coauthor of *Raising Resilient Children*

"Drs. Dawson and Guare translate cutting-edge research into meaningful, practical, well-organized, and easy-to-implement strategies that parents can use to enhance a child's natural executive abilities. This brilliant book is by far the best on the topic that I have read to date."--Russell A. Barkley, PhD, ABPP, author of *Taking Charge of ADHD*

"Groundbreaking....Compassionate and parent friendly....Dawson and Guare's personal anecdotes lend immediacy....Smart but Scattered is comprehensive, accessible, and hopeful....Dawson and Guare's work should be considered essential."
(*Library Journal* 2009-01-04)

"Fun to read....This book is quite interactive....Questionnaires are provided both for children (of various ages) as well as parents, so that they can both see their strengths and weaknesses....Techniques to teach executive skills are shown in a step-wise manner, and planning sheets are available throughout the text....Another strength of this book is its focus on the emotional aspect of executive functioning, and providing strategies to bolster the emotional skill set of children....Strongly recommended for any parent who wishes to help their children maximize their potential, even if they do not have identified academic or behavioral struggles."

(*Journal of the Canadian Academy of Child and Adolescent Psychiatry* 2013-02-01)

"The authors provide a satisfying framework for creating environmental supports in areas needed and supplying the hands-on direction necessary for children to function well and build confidence. While Susan Ericksen's distinct and assertive enunciation promotes respect for these ideas, her warmth also makes them sound inviting."

(*AudioFile* 2012-12-01)

About the Author

Peg Dawson, EdD, is a staff psychologist at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she works with children and adults. Dr. Dawson is a past president of the New Hampshire Association of School Psychologists, the National Association of School Psychologists (NASP), and the International School Psychology Association, and a recipient of the Lifetime Achievement Award from NASP. With Richard Guare, she is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Dawson and Guare are also coauthors of *The Work-Smart Academic Planner, Revised Edition*, and books for professionals including *Executive Skills in Children and Adolescents, Second Edition*.

Richard Guare, PhD, is Director of the Center for Learning and Attention Disorders in Portsmouth, New Hampshire. Dr. Guare's research and publications focus on the understanding and treatment of learning and attention difficulties. He is a neuropsychologist and board-certified behavior analyst who frequently consults to schools and agencies. With Peg Dawson, he is coauthor of bestselling books for general readers, including *Smart but Scattered*, *Smart but Scattered Teens*, and *The Smart but Scattered Guide to Success* (with a focus on adults). Drs. Guare and Dawson are also coauthors of *The Work-Smart Academic Planner, Revised Edition*, and books for professionals including *Executive Skills in Children and Adolescents, Second Edition*.

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