**What You Need to Know About Executive Function**

If you hear "executive function" and think of a successful CEO, think  
again! Every one of us uses executive functions daily as we think,  
process, and perform various tasks. Several executive skills fall  
under this "mental umbrella" - and each of us is stronger in  
some than in others.

[http://ncld.convio.net/site/R?i=XVU5Ms5L5AECrzcurWb10A](http://ncld.convio.net/site/R?i=XVU5Ms5L5AECrzcurWb10A" \t "_blank)

Learning disabilities and weak executive function often go  
hand-in-hand. Read on to learn more about executive function (and  
dysfunction) and how it may look in your child with LD. There's a lot  
of information and insight here, so put on your thinking cap (which,  
as you will learn, is as unique as you are).

[http://ncld.convio.net/site/R?i=F0IPqKn1s8Ny2W2DUpnrEg](http://ncld.convio.net/site/R?i=F0IPqKn1s8Ny2W2DUpnrEg" \t "_blank)

**What Is Working Memory?**

Working memory is your brain's Post-it note, says Tracy Packiam Alloway, PhD, assistant professor of psychology at the University of North Florida in Jacksonville, Florida. “It makes all the difference to successful learning,” she says.  
  
You can think of working memory as the active part of your memory system. It's like mental juggling, says H. Lee Swanson, PhD, distinguished professor of education with the Graduate School of Education at the University of California, Riverside. “As information comes in, you're processing it at the same time as you store it,” he says. A child uses this skill when doing math calculations or listening to a story, for example. She has to hold onto the numbers while working with them. Or, she needs to remember the sequence of events and also think of what the story is about, says Swanson.

<http://www.ncld.org/types-learning-disabilities/executive-function-disorders/what-is-working-memory-why-does-matter>

**How to Help a Child With Weak Working Memory**

Does your child have a weakness with verbal (auditory) or visual-spatial working memory? If so, you may find that it is greatly interfering with academic achievement. Fortunately, there are many ways to help—from teaching ways to compensate to lifestyle changes to brain training techniques.

<http://www.ncld.org/types-learning-disabilities/executive-function-disorders/how-to-help-child-with-weak-working-memory>

**Executive Skills And Your Child with LD**

Each of us uses executive skills to think, process, and perform tasks every day. Learn about 8 important executive skills and why and how kids with LD almost always struggle with at least one.

<http://www.ncld.org/types-learning-disabilities/executive-function-disorders/executive-skills-your-child-with-learning-disabilities>

**Video: What is Executive Function?**

What is executive function, and how it is related to children with learning disabilities? How does executive function affect learning? What are the warning signs? Dr. Horowitz answers these questions, and more, in this Ask the Expert video.

<http://www.ncld.org/learning-disability-resources/videos/video-executive-function>

***“Inclusion isn’t where we go. It’s what we do.” Paula Kluth***