

## NEUROFIBROMATOSIS TYPE1 (Nf1)

### EXECUTIVE FUNCTIONING ISSUES

Studies show that more than 80% of children with Nf1 have moderate to severe impairment in cognitive functioning, making it much more likely that they will experience difficulties both at school and at home.

#### Q - WHAT IS EXECUTIVE FUNCTION?

A – The ability to manage daily routines, set and meet goals and control our emotions. To enable us to do this requires planning, organisation, time management, holding information in our working memory while performing complex tasks.

#### Q - HOW DO I KNOW IF MY CHILD HAS PROBLEMS WITH EXECUTIVE FUNCTION?

A – Signs your child may have:

- Inability to tidy and organise their bedroom
- A school bag full of the wrong items
- Difficulty sitting still and paying attention
- Difficulty following routines
- Unable to wait their turn
- Find it difficult to follow directions
- Focuses on the least important thing you say
- Panics with change
- Becomes frustrated and angry when changes happen
- Forgets to bring homework or necessary books home
- Forgets to take homework back to school

- Unable to work out sums in their head
- Needs constant reminders to finish homework etc.
- Interrupts others
- Blurts out information
- Gives up easily when a task is too difficult
- Will throw something instead of asking for help
- Are described as *not meeting their full potential* at school
- Frequent tantrums over minor issues