

3 Practical Takeaways



What Can You Do to Help Develop Executive Functions? Look at Chores!

From: Tepper, D. L., Howell, T. J., & Bennett, P. C. (2022). Executive functions and household chores: Does engagement in chores predict children's cognition?. Australian Occupational Therapy Journal.

1 Engagement in self-care and family-care chores significantly predicted working memory and inhibition

- Possible reason? Most chores require self-regulation, maintaining attention, and switching between tasks (executive function skills)

2 Include chores in the child's home activity programs

- Favor household chores over rote exercises for home programs
- Discuss with the family selection of chores appropriate for the child & the family

3 Facilitate the development of skills to participate in chores

- For home care therapists, incorporate chores in treatment sessions
- For school- & clinic-based therapists, can you include chores in interventions?

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