

# A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

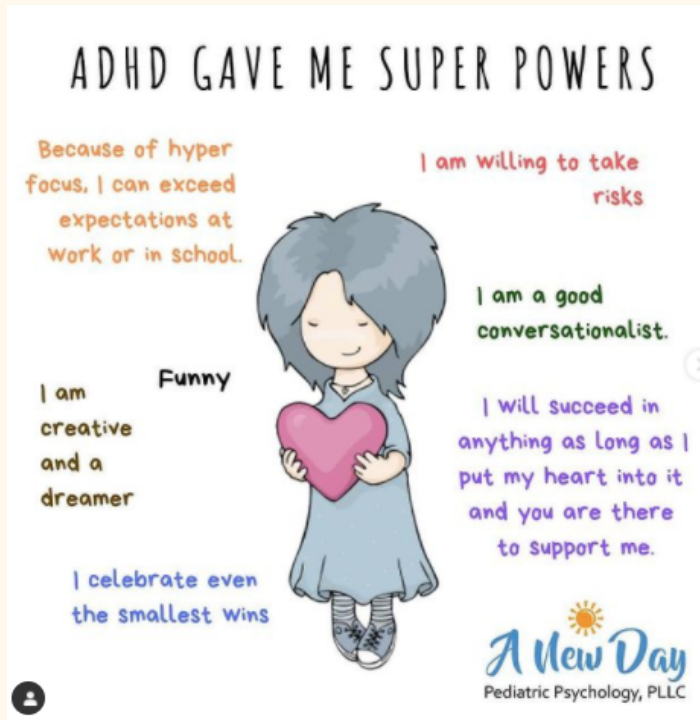
## Executive Functioning: Developing Superpowers

BY: DR. ANN-LOUISE LOCKHART, PSYD, ABPP  
PEDIATRIC PSYCHOLOGIST  
PARENT COACH  
A NEW DAY PEDIATRIC PSYCHOLOGY



ADHD is an executive functioning dysregulation disorder. Not everyone who has challenges with executive functioning has ADHD, however. So indeed, ADHD has some special superpowers in it. We just have to reframe how we see it. Your child may be energetic or hyper but we can see it as an opportunity to learn a new skill like swimming, or dancing, or other sports. He or she may be excited, because she likes to celebrate small wins and appreciates even the tiniest things. Your child may be talkative, so you can redirect them to public speaking or maybe even theater acting.

There is so much more that your child can offer if we look at them, their talents, and their behaviors from another angle.



There are many features of ADHD that can make them shine.

- Learn their strengths too.
- Learn how these kids work, play, and interact best.
- Ask them what makes their heart happy.
- Support them emotionally by trying to understand them first before reacting.
- Be equipped to help them be successful at school, at home, and with friends.

It doesn't have to be a struggle and you are not alone.

So, presenting a curriculum to our children at home is a brand new experience for me as it is for many of you. This was NOT part of my 2020 vision board!

We have Googled information for my kids' academic instruction a lot!!!

So, needless to say, my husband and I often become overwhelmed by the task. So do our kids.

Do you know how I avoid meltdowns (for all of us) and promote a sense of accomplishment even when the schooling at home is challenging?

I speak to their executive functioning needs. I build them up by teaching executive functioning skills. I normalize and validate their experience by sharing mine.

How do I do this? I always start with and include EMPATHY.

**ADHD & Me: Tips on Parenting is a different kind of webinar for parents who want to learn about the stuff you don't hear about & its impact on your child/teen**

**Friday, Nov 20  
10:00 AM CST**

**[Click here to register](#)**



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**The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.**

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Pediatric Psychology, PLLC

**16607 Blanco Road, Suite 1107  
San Antonio, Texas 78232  
(210) 816-4149  
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Here's what that looks like:

Self-Monitoring: "Learning from home has been a challenge, huh? I can feel it in my shoulders and my brain. My brain is on fire! Is yours?."

Task Persistence: " You're being so persistent and you are determined to get this. You should be so proud of yourself."

Problem Solving: "What are some ways we can help you get better at doing math/spelling/etc?"

Impulse Control: " When you're feeling tired and overwhelmed, what are some things we can do to change gears and relax?"

Becks @journey\_to\_wellness\_ on Instagram and I teamed up several months ago and collaborated on this post.



Most importantly...know when to push to complete the task and when to take a break. Your child's emotional well-being (and yours) is so much more important than learning subtraction or history today.

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