

Parent Questionnaire: Executive Functioning Skills (Age 5–6)

Please complete this form to help us understand your child's strengths and challenges with executive functioning. Your responses will guide us in providing the best support possible.

Child's Name: _____

Date of Birth: _____

Date Completed: _____

Completed by (Name & Relationship): _____

Please tick the box that best describes your child's typical behaviour:

1. **How well does your child manage transitions at home (e.g., moving from playtime to tidy-up)?**

☐ Easily ☐ With reminders ☐ Needs support ☐ Becomes upset or resistant

2. **Can your child follow multi-step instructions (e.g., "Put your coat on and get your shoes")?** ☐ Consistently ☐ Sometimes ☐ Rarely ☐ Not at all

3. **How does your child cope with changes in routine or expected events?**

☐ Calmly ☐ Needs reassurance ☐ Becomes anxious ☐ Has meltdowns

4. **Does your child plan or organise their play (e.g., setting up toys, choosing roles)?**

☐ Independently ☐ With prompts ☐ Needs help ☐ Avoids or struggles

5. **How well does your child manage time during tasks (e.g., finishing activities on time)?**

☐ Well ☐ Sometimes ☐ Often distracted ☐ Rarely completes tasks

6. **Can your child wait their turn or delay gratification (e.g., playing, meal times)?**

☐ Easily ☐ With reminders ☐ Struggles ☐ Often impulsive

7. **How does your child handle frustration or mistakes (e.g., when something goes wrong)?**

☐ Stays calm ☐ Needs support ☐ Gets upset ☐ Has outbursts

8. **Does your child remember and use strategies they may have been taught (e.g., calming techniques)?** ☐ Often ☐ Sometimes ☐ Rarely ☐ Not yet

9. **How well does your child stay focused on tasks without constant reminders?**

☐ Very well ☐ Fairly well ☐ Needs frequent prompts ☐ Easily distracted

Please answer the following question in your own words:

10. **What strategies have you found helpful in supporting your child's organisation, focus, or emotional regulation?**

Thank you for sharing your observations. Your input helps us build a supportive environment tailored to your child's needs.