



## Exceptional Parenting Podcast



## Podcast Show Notes

# Helping Kids Overcome Procrastination

Original Air Date: April 21, 2020

[Access the podcast recording here.](#)

You probably know the drill. It begins the moment you ask your child to do something. *Please pick up your shoes. Start your homework. Feed the dog.* But instead of being met with the eager cooperation that parents everywhere dream of, you're met with the same familiar response. *Hang on. I'll do it later. In a minute.* Of course, in kid-speak a "minute" rarely turns out to be just a minute. And occasionally, it seems (to parents, at least) like code for *I don't want to do that at all.*

And so your child or teen may wait until the last possible minute to complete the requested task (often with much nagging or pleading involved), leaving one or both of you frustrated or upset. Procrastination has struck again! How can you help foster a more positive (and productive) outcome for you and your child? Join *Exceptional Parenting Podcast* host Stefanie Boucher for a timely discussion with public speaker, coach, and executive functioning expert Leslie Josel about the most common reasons why children, and many adults, put off doing the inevitable (*note: it's not always what you might think*) and how we, as parents, can use some simple techniques to help them build the skills they need to get things done.

### About Our Presenter:

**Leslie Josel** is a respected resource on ADHD and executive functioning in students. She launched Order Out of Chaos® in 2004 after her son was diagnosed with ADHD, executive dysfunction, and other learning differences and is the creator of the award-winning *Academic Planner: A Tool for Time Management*. In addition to authoring *What's the Deal with Teens* and *Time Management: A Parent's Guide to Helping Your Teen Succeed* (2015), her work and writing are regularly featured in *ADDitude Magazine* and *Family Circle*. Leslie is also a public speaker, and she conducts workshops internationally.

The coronavirus pandemic is a rapidly evolving situation. If you are listening to this podcast, information may have changed since its initial airing.



**Leslie Josel**

Founder, Order Out of Chaos



**Stefanie Boucher**

Senior Content Developer  
and Podcast Host  
Torchlight

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