

What Is My ADHD Child's Executive Age?



Executive age is the child's age based on how his or her brain is working. ADHD children and adults are an average of 30% behind in their executive age. This includes their ability to regulate their emotions, body, impulses, social awareness, and general maturity. It can be even greater than 30% depending on the person. This delay will last into adulthood and effect relationships and careers. Human brains reach their highest point of maturity in the early 30, and for ADHD people, that is where the maturity stops, even if they are delayed.

True Age	Executive Age	True Age	Executive Age	True Age	Executive Age
3	2	13	8.67	23	15.33
4	2.67	14	9.33	24	16
5	3.333	15	10	25	16.67
6	4	16	10.67	26	17.33
7	4.67	17	11.33	27	18
8	5.33	18	12	28	18.67
9	6	19	12.67	29	19.33
10	6.67	20	13.33	30	20
11	7.33	21	14	31	20.67
12	8	22	14.67	32	21.33

When your children frustrate you with actions that are not age appropriate, refer to this chart to remind you to give them grace because their brains are developing behind schedule.

