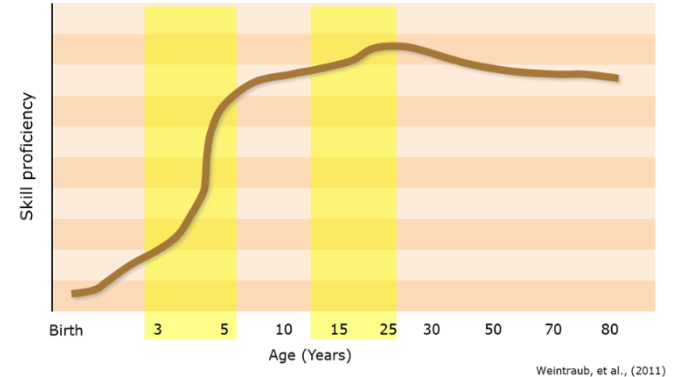





Executive Function is three essential skills needed for life, learning and health

Executive Function is like an “Air Traffic Control System” in the Brain, helping us remember what we are doing, revise plans as things change, and resist making hasty decisions. The foundation for executive function skills start developing at birth and in the earliest months and years of life. Each experience is the foundation for the next thing we learn. These skills continue to grow throughout childhood, into adolescence and through early adulthood. The earlier we can start developing these skills in our children, the better we can help to make the lives of our children’s.



Essential Skills for Life, Learning, Health	Description	9-16 months	2-5 years	Adult
 <p>Impulse Control</p>	<p>Impulse Control or Self-Regulation is the ability to filter thoughts and impulses in order to resist temptations and distractions. Impulse control allows us to pause and think before we act.</p>	<p>Begins to maintain focus despite distractions</p>	<p>Delays eating a treat; Follows unusual rules</p>	<p>Self-control or appropriate responses for the situation</p>
 <p>Working Memory</p>	<p>Working Memory is the ability to hold and work with information in our minds over short periods. Working memory is needed to carry out a multi-step processes like doing math or cooking.</p>	<p>Complete a simple two step plan</p>	<p>Remember two rules— shoes here and coats there</p>	<p>Remember multiple tasks, rules or strategies that may vary</p>
 <p>Mental Flexibility</p>	<p>Mental flexibility allows us to adjust to changes in demands, priorities, or perspectives, to apply different rules in different settings, to catch mistakes and fix them. Metal flexibility allows us to come up with a new strategy if the game changes.</p>	<p>Seek alternative methods when first attempt fails</p>	<p>Shift actions as rules change</p>	<p>Revise actions and plans in changing circumstances</p>