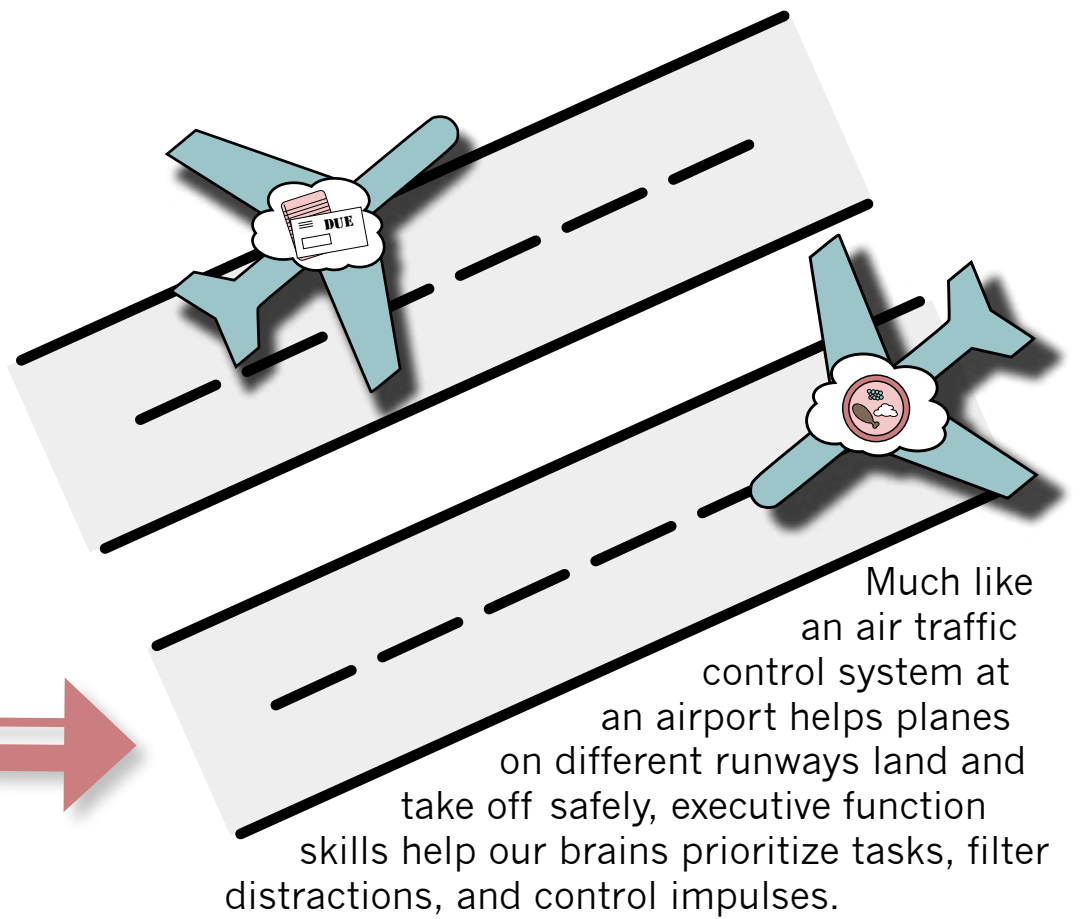
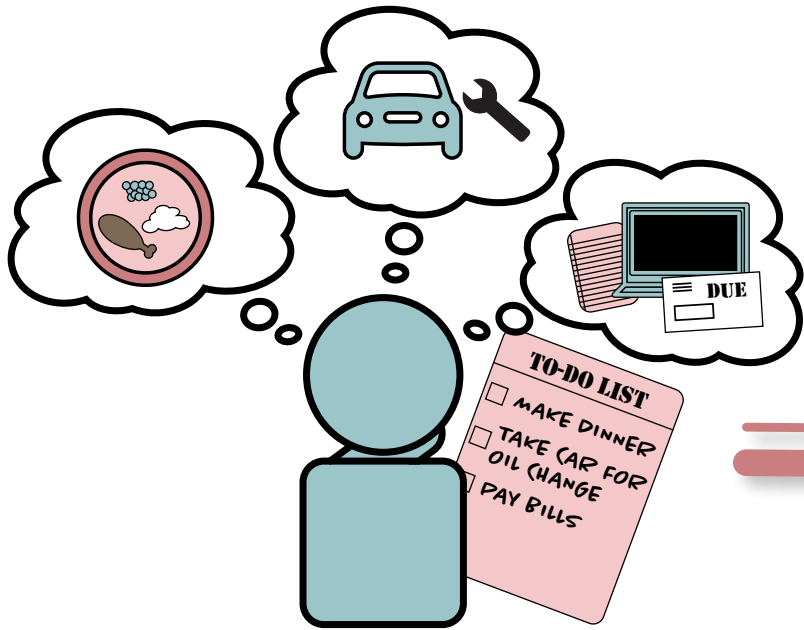


# WHAT IS EXECUTIVE FUNCTION?

## AND HOW DOES IT RELATE TO CHILD DEVELOPMENT?

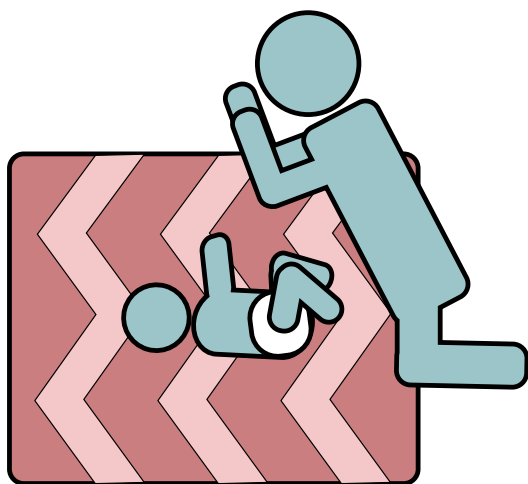
The phrase “executive function” refers to a set of skills. These skills underlie the capacity to plan ahead and meet goals, display self-control, follow multiple-step directions even when interrupted, and stay focused despite distractions, among others.



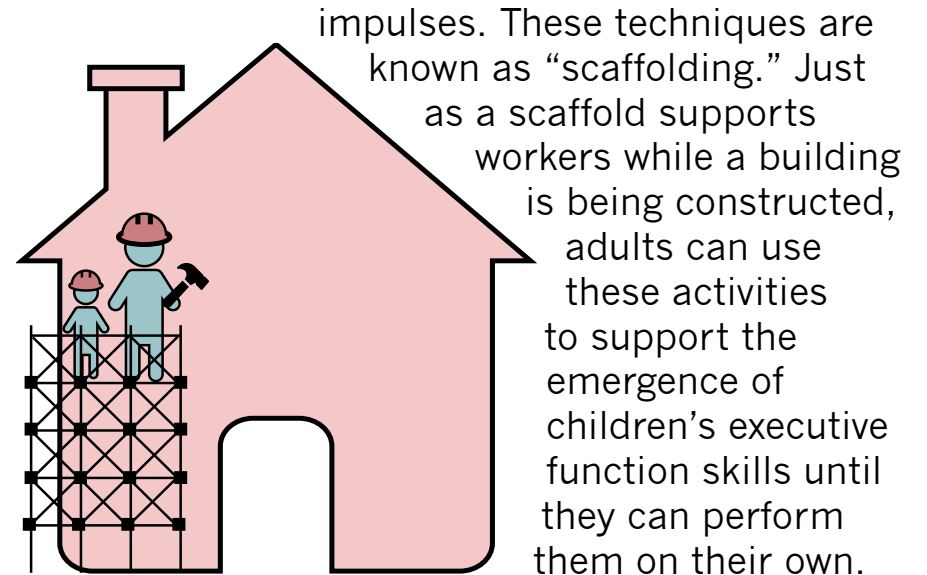
Much like an air traffic control system at an airport helps planes on different runways land and take off safely, executive function skills help our brains prioritize tasks, filter distractions, and control impulses.

## NO ONE IS BORN WITH EXECUTIVE FUNCTION SKILLS, BUT NEARLY EVERYONE CAN LEARN THEM.

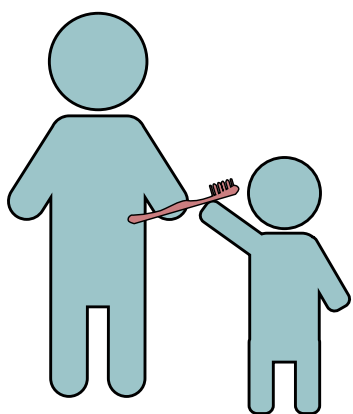
Our genes provide the blueprint for learning these skills, but they develop through experiences and practice. The foundation is laid in infancy, when babies first learn to pay attention. Relationships with responsive caregivers are particularly important at this stage. Something as simple as playing a game of peekaboo can help build the early foundations of working memory and self-control as a baby anticipates the surprise.



Adults set up the framework for children to learn and practice these skills over time by establishing routines, breaking big tasks into smaller chunks, and encouraging games that promote imagination, role-playing, following rules, and controlling impulses. These techniques are known as “scaffolding.”



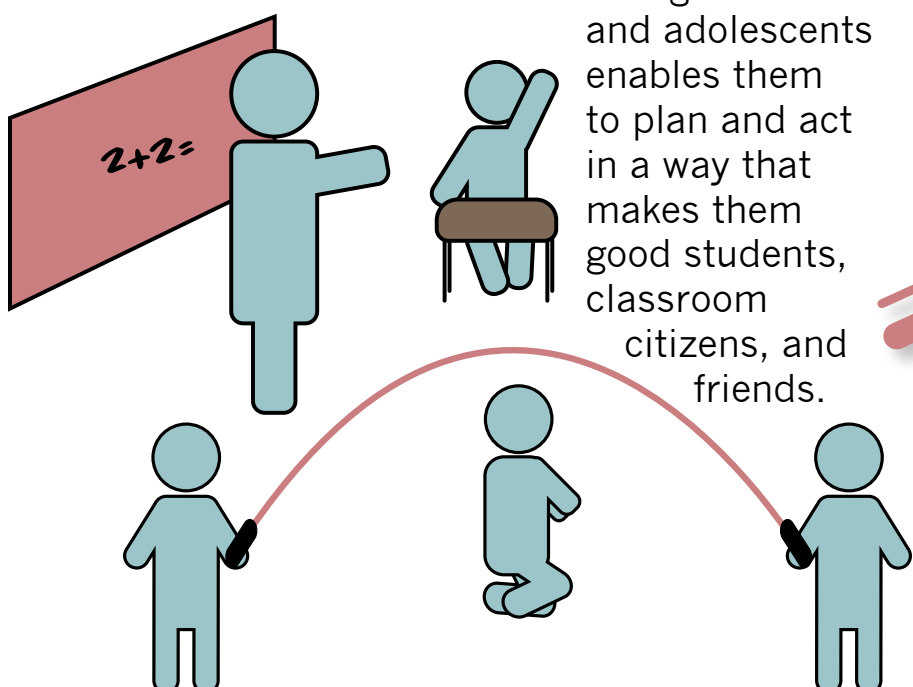
Just as a scaffold supports workers while a building is being constructed, adults can use these activities to support the emergence of children’s executive function skills until they can perform them on their own.



These skills typically develop most rapidly between ages 3-5, followed by another spike in development during the adolescent and early adult years. It takes a long time and a lot of practice to develop them, but, as children’s executive function skills grow, adults can gradually allow children to manage more and more aspects of their environment.

## BUILDING CHILDREN’S EXECUTIVE FUNCTION SKILLS BENEFITS EVERYONE.

The increasingly competent executive functioning of children and adolescents enables them to plan and act in a way that makes them good students, classroom citizens, and friends.



In turn, this helps them grow into adults capable of juggling a multitude of commitments, such as parenting, employment, continuing education, and civic involvement. Even health is affected, as strong executive function helps people stick to healthy habits and reduce stress. The more a society invests in building the executive functioning of its children, the greater dividends it will see in the future.

