

# Building the Executive Function Skills Your Child Needs in the Age of Attention

In today's fast-paced, digital world, it's more important than ever for children to have strong executive function skills. These skills are essential for success in school, work, and life. They help children to plan, organize, focus, and control their impulses.

Unfortunately, many children today are struggling with executive function skills. This is due to a number of factors, including the increased use of screens, the decline of physical activity, and the rise of helicopter parenting.

As a result, children are entering adulthood less prepared than ever before to manage their time, emotions, and behavior. This can lead to problems in school, work, and relationships.



## Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention

by Michael Delman

★★★★☆ 4.5 out of 5

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Executive function skills are a set of cognitive skills that are essential for success in school, work, and life. These skills include:

- **Working memory:** The ability to hold information in mind while working on a task.
- **Inhibition:** The ability to control impulses and resist distractions.
- **Cognitive flexibility:** The ability to switch between tasks and perspectives.
- **Planning and organization:** The ability to plan and organize activities and tasks.
- **Time management:** The ability to manage time effectively.
- **Self-monitoring:** The ability to monitor and adjust one's own behavior.

Executive function skills are important for success in school, work, and life. They help children to:

- **Learn effectively:** Children with strong executive function skills are able to pay attention in class, remember information, and complete assignments on time.
- **Behave appropriately:** Children with strong executive function skills are able to control their impulses, follow instructions, and cooperate with others.
- **Manage their emotions:** Children with strong executive function skills are able to regulate their emotions and cope with stress.
- **Make good decisions:** Children with strong executive function skills are able to weigh the pros and cons of different choices and make

good decisions.

- **Set and achieve goals:** Children with strong executive function skills are able to set goals, make plans, and stick to them.

There are a number of things you can do to help your child develop executive function skills. These include:

- **Provide opportunities for play:** Play is essential for the development of executive function skills. It provides children with opportunities to practice planning, organizing, and problem-solving.
- **Encourage physical activity:** Physical activity helps to improve executive function skills. It increases blood flow to the brain and helps to improve focus and attention.
- **Limit screen time:** Excessive screen time can interfere with the development of executive function skills. It can lead to problems with attention, memory, and self-control.
- **Set limits and expectations:** Children need to know what is expected of them. Setting clear limits and expectations can help them to develop self-control and follow instructions.
- **Praise effort:** Praise your child for effort, not just for results. This will help them to develop a growth mindset and persevere in the face of challenges.
- **Be patient:** Developing executive function skills takes time and practice. Be patient with your child and offer them support and encouragement along the way.

Executive function skills are essential for success in school, work, and life. By providing your child with opportunities to practice these skills, you can help them to develop the skills they need to succeed.

In the book "Building the Executive Function Skills Your Child Needs in the Age of Attention," you will learn:

- What executive function skills are and why they are important
- How to assess your child's executive function skills
- Strategies for helping your child develop executive function skills
- Tips for parenting a child with executive function challenges

Free Download your copy of "Building the Executive Function Skills Your Child Needs in the Age of Attention" today!



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