



Did you know?

HELPING YOUR CHILD DEVELOP THEIR EXECUTIVE FUNCTIONS

What are executive functions?

Executive functions are the skills that allow us to control our thoughts, emotions and actions in the face of conflict or distractions.



Executive functions include:

- 1. Inhibition (self-control):** the ability to resist doing something tempting in order to complete the desirable action. This skill helps children stay attentive, act less impulsively and stay focused on their work.
- 2. Working memory:** the ability to store information in our minds so that we can use it to connect ideas, mentally calculate and prioritize.
- 3. Mental or cognitive flexibility:** the ability to think creatively and adapt to changing demands. This allows you to use your imagination and creativity to solve problems.

Why are executive functions important?

Executive functions are important because they play a key role in a person's cognitive, social and language development.

How can I help my child?

From the age of four, you can help your child improve their executive functions through play. Here are some suggestions:

- Simon Says
- Freeze Dance
- Tag
- Reading stories
- Role playing
- Card games
- "Find and Seek"
- Puzzles
- Coding games
- Miming to nursery rhymes

Additional resources:

<http://www.crfna.be>
<https://rire.ctreq.qc.ca>
<https://developingchild.harvard.edu>
<https://childmind.org>

NEW! THE CANO PARENTS PAGE HAS HAD A MAKEOVER!

The CANO Parents Page facilitates communication between the school and parents on topics such as report cards, absences, calendars, schedules and behavior.

You can now get school news and events, homework and exam results, notify of upcoming absences and justify them.

We invite you to visit your Parents Page on CANO now!

REFERENCES

www.crfna.be

Centre d'excellence pour le développement des jeunes enfants
 Réseau stratégique de connaissances sur le développement des jeunes enfants

I'M INVOLVED!

cepn-fnec.ca/involved

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