**Executive Function Life Skill: Focus and Self Control**

Children need this skill in order to achieve their **goals**, especially in a world that is filled with distractions and information overload. It involves paying attention, remembering the rules, thinking flexibly and exercising self control.

### Suggestions for Promoting Focus and Self Control

**TIP:**

While reading the book to your child, you can point to your head and say:

- “Here’s my head. Where’s your head?”

Then point to the child’s head:

- “There’s your head!”

Wait for your child’s response and respond back.

**SKILL:**

Focus and Self Control includes paying attention, which calls on an Executive Function skill. Also, this back and forth interaction is what researchers call “serve and return.” Like a game of ball, one of you says or does something (serves) and the other responds (returns). The importance of these everyday interactions to brain building is a key finding from child development research.

**TIP:**

For children who are beginning to remember and understand words, you can let them point first and you follow their lead.

You can ask:

- “Where are your toes?” and “Where are my toes?”

**SKILL:**

Asking questions is a good way to be interactive and help children pay attention.

**TIP:**

You can encourage your child to point to the part of the body named in the book first and then do the action.

**SKILL:**

This activity requires memory. Focus and Self Control includes remembering information so that you can use it.