

What factors influence **executive function** development?

Care-giving & Relationships

Providing guidance & comfort helps children regulate emotions & behaviour better in the future



Environment

Adverse environment (e.g. neglect, harsh parenting) can lead to stress resulting in poorer development of executive functions



Experience

Parents to model good behaviour for children to learn by observing

Repetition of good behaviour increases opportunities for observation & practice of executive function skills



Enrichment

Exposure to physical activities & languages can help children perform better in executive functions

How can I enhance my child's executive functions?

Growth-promoting environment provide children with support and guidance that helps them practice necessary skills before they must perform them alone.



Adults can facilitate the development of a child's executive function skills by

- Establishing routines
- Modeling social behaviour
- Creating & maintaining supportive, reliable relationships.



It is also important for children to exercise their developing skills through activities that

- 🐥 Foster creative play and social connection
- 🐥 Teach them how to cope with stress
- 🐥 Involve vigorous exercise
- 🐥 Provide opportunities for directing their own actions with decreasing adult supervision.

