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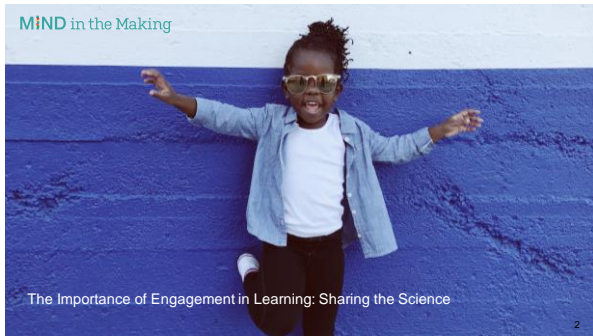
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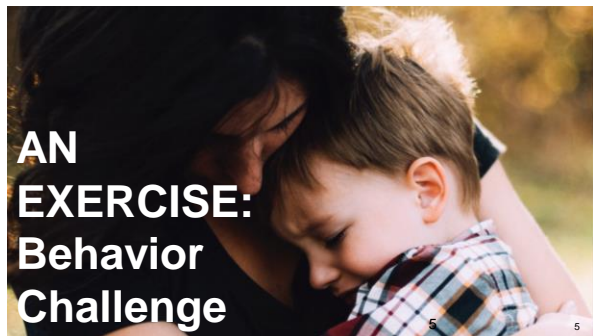
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MIND in the Making

Executive Functions Skills are attention regulation skills.

Researchers focus on:

- cognitive flexibility
- working memory
- inhibitory control



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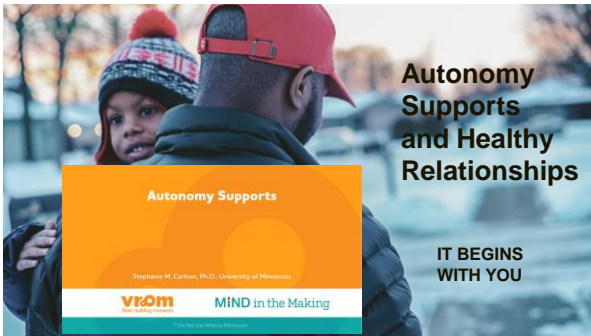
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**Autonomy Supportive Behavior**

**Ensure child plays an active role**  
The adult ensures that the child play an active role in solving age-appropriate problems on his or her own versus the adult solving the whole problem or fixing things for the child without being asked.

**Take the child's view**  
The adult thinks about what the child can and can't do by watching and reflecting on the child's capabilities and what he or she may be thinking and feeling then responds to the child with this understanding in mind.

**Scaffold**  
The adult helps the child in a way that provides the child with a challenge that is hard but not too hard, offers reasonable choices that make the problem manageable for the child, and gives the child a chance to develop and use his or her own Life Skills.

**Encourage**  
The adult encourages the child by providing useful hints and suggestions while making it clear to the child that he or she is there to help versus standing back and doing nothing, or jumping in taking over or being critical of the child.

**Ways Adults Can Promote Life Skills**

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**Autonomy Supportive Caregiving Makes a Difference:**

In the development of children's executive function (EF) skills

**Autonomy Supportive Caregiving:**

Is predictive of children's EF skills beyond parents own EF skills; and  
Can be taught.



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MIND in the Making



- Ensure child plays an active role
- Take the child's view
- Scaffold
- Encourage
- Share reasons
- Set clear expectations

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- Ensure child plays an active role
- Take the child's view
- Scaffold
- Encourage
- Share reasons
- Set clear expectations

- TOGETHER-
- ✓ Step back & observe
  - ✓ Think about child's view
  - ✓ Offer suggestions with reasons
  - ✓ Have clear expectations
  - ✓ Create choices
  - ✓ Make a plan together
  - ✓ Trial and error
  - ✓ Review
  - ✓ Share your own strategies
  - ✓ Build trust
  - ✓ Challenge and grow
  - ✓ Continue to learn

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## What We Have Done To Share The Science

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Sharing the science of early learning in ways that transform science into action.

- MITM Community Modules
- MITM Book Tips
- MITM Skill Building Opportunities
- Vroom
- Mt Sinai Pediatric Residency Modules



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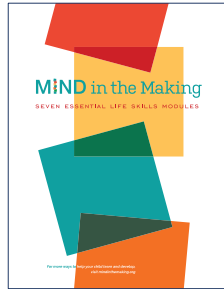
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Transformational Learning

Seven Essential Life Skills Community Modules

Mind in the Making training extensively explores and shares the science of early childhood development in ways that boost Life Skills for children and adults.



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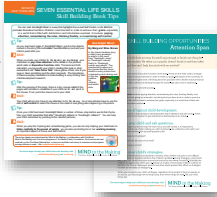
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Transformational Tools & Resources

MiND in the Making

Mind in the Making's Skill Building Books Tips and Skill Building Opportunities help adults boost the life skills of children.

- MITM Skill Building Opportunities
- MITM Book Tips



Vroom provides actionable tips and resources to help parents and caregivers turn every moment into a brain building moment.

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Transformational Learning: Pediatric Residency Training

In partnership with the Parenting Center of Mt Sinai, we have created a residency training program where we have incorporated child development information into well-child visits.

Newborn 1 month 2 month

We will make this curriculum available for pediatric residencies nationwide & adapt it for practicing pediatricians



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**MIND in the Making**  
 Research Articles

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- Laurin, Julie C., and Mireille Joussemet. "Parental Autonomy-Supportive Practices and Toddlers' Rule Internalization: A Prospective Observational Study." *Motivation and Emotion*, vol. 41, no. 5, 2017, pp. 562–575., doi:10.1007/s11031-017-9627-5.
- Meuwissen, Alyssa S., and Stephanie M. Carlson. "An Experimental Study of the Effects of Autonomy Support on Preschoolers' Self-Regulation." *Journal of Applied Developmental Psychology*, vol. 60, 2019, pp. 11–23., doi:10.1016/j.appdev.2018.10.001.
- Meuwissen, Alyssa S., and Stephanie M. Carlson. "Fathers Matter: The Role of Father Parenting in Preschoolers' Executive Function Development." *Journal of Experimental Child Psychology*, vol. 140, 2015, pp. 1–15., doi:10.1016/j.jecp.2015.06.010.

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# Questions?

You can find us at:  
[eramsey@bezosfamilyfoundation.org](mailto:eramsey@bezosfamilyfoundation.org)

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