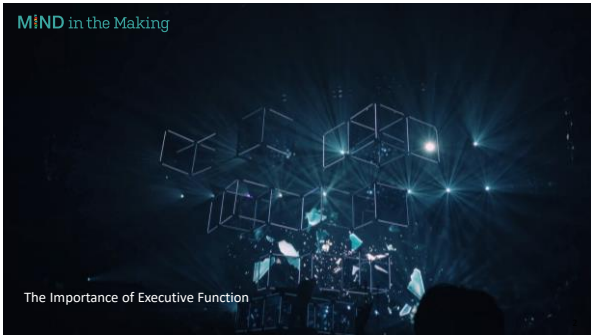


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2

MIND in the Making

Executive Functions Skills are attention regulation skills.

Researchers focus on:

-  cognitive flexibility
-  working memory
-  inhibitory control

3

We focus on 7 Executive Function based skills:

- Focus and Self Control
- Perspective Taking
- Communicating
- Making Connections
- Critical Thinking
- Taking On Challenges
- Self-Directed Engaged Learning

4

AN EXERCISE:
Think of a
behavior
challenge and
write it down.

5

**Challenge → Autonomy
Supportive Approaches +
Opportunity Mindset + Strategy =**

6



7

Looking at the Literature

<p>Developmental Science</p> <p>Patric</p> <p>Social factors in the development of early... a clear link of the emerging environment...</p> <p>Authors: Stephanie M. Carlson, Dana E....</p>	<p>Fathers matter: The role of father pa...</p> <p>Alison A. Mikoyan, Stephanie M. Carlson</p> <p>ABSTRACT</p>	<p>Parental autonomy-supportive practices and toddlers' rule internalization: A prospective observational study</p> <p>John C. Lounsbury, Heidi Janssen</p> <p>Autonomy Supportive Skills Makes a Difference:</p> <p>In the development of children's executive function (EF) skills</p> <p>Autonomy Supportive Caregiving:</p> <p>Is predictive of children's EF skills beyond parents own EF skills; and can be taught.</p>
<p>An experimental study of the effects of autonomy support...</p> <p>Authors: Stephanie M. Carlson, Dana E....</p>	<p>Autonomy supportive parenting and associations with children's executive function</p> <p>Stephanie M. Carlson, Dana E....</p>	

8



Stephanie M. Carlson, Ph.D., University of Minnesota

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Wendy S. Grolnick, Ph.D.,
Clark University

10

Autonomy Supportive Approaches

Take the child's view

The adult thinks about why the child might be behaving this way and about what the child can and cannot do developmentally. The adult then responds with this understanding in mind.

Share reasons

The adult shares what is expected and why. The adult is predictable and shares reasons in a way that promotes the child in taking an active role.

Ensure the child plays an active role with choice and joint problem solving

The adult ensures that the child plays an active role in solving age-appropriate problems by suggesting choices and engaging in joint problem solving versus the adult fixing things for the child.

Scaffold

The adult helps the child in a way that follows the child's pace and provides the child with a challenge that's hard but not too hard and gives the child a chance to develop and use his/her own Life Skills.

11



12



13

01

When children do things that are wrong, I worry that they aren't going to change.

02

When children do things that are wrong, I worry that this is the way it is going to be in the future.

An Adversity Mindset: Things won't be any different. The child won't or can't change; I won't or can't change. I can't make a difference.

14

01

When children do things that are wrong, I think about possible reasons why they may have acted that way.

02

When children do things that are wrong, I see it as an opportunity for me to better understand their thoughts and feelings.

03

When children do things that are wrong, I know it is specific to the moment and not a sign for the future.

04

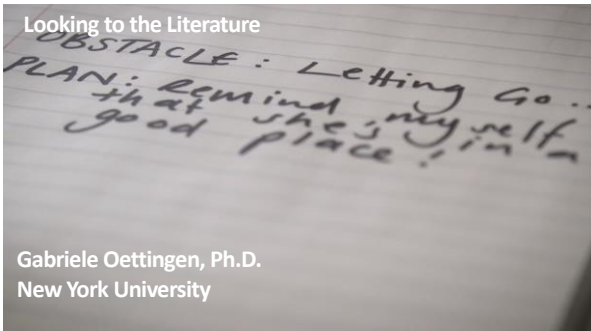
When children do things that are wrong, I see it as an opportunity for me to improve how I handle these situations.

An Opportunity Mindset: Things can be different. The child can change, I can change, I can learn. I can make a difference. A challenge with a child becomes an opportunity to bring about change in myself.

15



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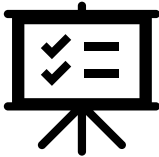


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19

Poll: Did it work?



1. Yes
2. No

After the poll if you can't see the slides, click the flower in the task bar at the **bottom of your screen**.



20

Poll: What Did You Use?



1. Take the child's view
2. Share reasons
3. Ensure the child plays an active role with choice and joint problem solving
4. Scaffold
5. Opportunity Mindset
6. WOOP

After the poll if you can't see the slides, click the flower in the task bar at the **bottom of your screen**.



21



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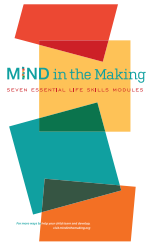
23

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

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

24





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.

25

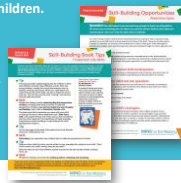
MIND in the Making

Transformational Tools & Resources

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.



26

Newborn

1 month

2 month

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.



Mt Sinai Parenting Center has made this curriculum available free for pediatric residencies nationwide and in just a year, it's being used by 61% of all programs!

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YOU CAN FIND US AT:
MINDINTHEMAKING.ORG

Questions?

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MIND in the Making

Research Articles

- Bernier, Annie, et al. "Social Factors in the Development of Early Executive Functioning: a Closer Look at the Caregiving Environment." *Developmental Science*, vol. 15, no. 1, 2011, pp. 12–24., doi:10.1111/j.1467-7687.2011.01093.x.
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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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Executive Function and Challenging Behavior: A New Approach

Ellen Galinsky
Erin Karmoso



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