

# Did You Know?

Children must develop executive function skills in order to solve problems and achieve goals.



**Executive function skills help children plan, solve problems, and focus on tasks. Here are some simple games and activities that can help your child develop executive function skills.**

- Play imitation games like Follow the Leader to help children improve their memory
- Provide time, space, and materials for preschoolers to engage in complex pretend play
- Help school-age children follow a complex recipe to practice following directions
- Encourage children to break complex tasks into smaller steps
- Give children chances to participate in sports, theater, strategy games, and other team-based activities



*Better  
Brains for  
Babies*

***You can make a difference!***

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