



Seven Essential Life Skills & Executive Functioning for Children

Tuesday, October 10

**Dakota County Technical College
5 PM, Dakota Room A**

Brain growth in your child's early years is phenomenal. In fact, the growth that occurs in the first five years of life is never again equaled during a person's lifespan. Not only is the brain growing in size and complexity, it is also learning how to work more efficiently. These thinking skills, referred to as 'executive function' make a big difference in your child's ability to learn and to cope with life's challenges. In this interactive session we will look at what we know about brain development and the beginnings of executive functioning. And, we will try out some parenting strategies that help you build your child's brain and develop essential life skills.

Facilitated by Sharon Bergen, Ph.D.

Dr. Bergen is an Instructor in the Early Childhood and Youth Development program at DCTC. With over 30 years of experience in a variety of early childhood programs, Dr. Bergen is considered a national expert on early care and education.

Childcare will be provided in Dakota Room B by the Early Childhood and Youth Development department