

# MIND in the Making



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## MITM'S SEVEN ESSENTIAL LIFE SKILLS

helps adults understand and encourage important executive function-based skills children need to thrive.

- 1. Focus and Self Control** – Children need this skill to achieve goals, especially in a world filled with distractions and information overload. This includes paying attention, exercising self-control, remembering the rules, and thinking flexibility.
- 2. Perspective Taking** – This involves understanding what others think and feel, and forms the basis for children's understanding of the intentions of parents, teachers and friends. Children with this skill are less likely to get involved in conflicts.
- 3. Communicating** – Much more than reading, writing and speaking, communicating is the skill of determining what one wants to communicate and realizing how it will be understood by others. It is the skill teachers and employers feel is most lacking today.
- 4. Making Connections** – This involves deciphering what's the same, what's different, and sorting them into categories. Making unusual connections is at the core of creativity and moves children beyond knowing information to using information well.
- 5. Critical Thinking** – This skill helps children analyze and evaluate information to guide their beliefs, decisions and actions. Children need critical thinking to make sense of the world around them and to solve problems.
- 6. Taking on Challenges** – Children who take on challenges instead of avoiding or simply coping with them achieve better outcomes in school and in life.
- 7. Self-Directed, Engaged Learning** – By setting goals and strategies for learning, children become attuned and better prepared to change as the world changes. This helps children foster their innate curiosity to learn and helps them realize their potential.

## What is Mind in the Making (MITM)?

MITM is a 7-session series where parents and childcare providers will learn how to build life skills with children.

These sessions will focus on executive function – the process that involves managing thoughts, actions & emotions to achieve goals. These skills begin to develop early in a child's life through experiences and interactions. Children with better executive function skills learn more from educational experiences, are more likely to graduate from college, and have better health and wealth in adulthood.

**This training is for early childhood professionals and families.** Come learn how to support the development of a child in your life!

November 4, 6, 11, 13, 18 & 20

December 2 & 4 2024

5:30 – 7:30 pm



Via ZOOM virtually

In-Person in Florence, WI Option

**Those in NCFR Service delivery area who register for and complete 5 events, will be eligible for a \$50 gas card.**

*14 hours of Registry Credit will be offered for those who need it!*



# Northwest Connection

## FAMILY RESOURCES