

MIND in the Making

The Seven Essential Life Skills Every Child Needs

Life Skill That Promotes Executive Function (EF):

Communicating

Communicating is much more than understanding language, speaking, reading and writing. It is the skill of **determining what you want to communicate** and **realizing how our communications will be understood by others**. It is the skill that teachers and employers feel is most lacking today.

Suggestions for Promoting Communicating for Ages 3-5

Tip:

In this book, you can imitate how each animal communicates with different sounds. You can ask your child to say the sounds along with you—the sounds the animals make laughing and the funny sounds the Cow and the Pig make when they are learning to say “oink” and “moo.” By making this conversation both fun and interactive, you are promoting the skill of **Communicating**.

Skill:

Communicating includes **listening very carefully to how words sound**.

Tip:

As we learn to say new words, we often mispronounce them, just as the Cow and the Pig mispronounce “moo” and “oink.” You can make this point to your child as you read this book.

Skill:

Learning involves making mistakes before getting things right.

Tip:

Children learn Communicating by asking and responding to questions. While reading this book, you can ask lots of questions. For example, the author, Bernard Most, dedicates this book to “persistence.” Ask your child if he or she knows what this word means.

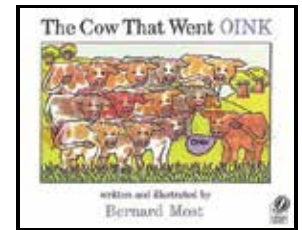
Skill:

“Persistence” means continuing to try and refusing to give up to achieve a goal—Executive Function skills are driven by goals. Talk about how both the Pig and the Cow are persistent, even though they are sad when the other animals make fun of them. You can relate this to a real experience either you or your child has had.

The Cow That Went Oink

By Bernard Most

In this clever picture book, a cow who says “oink” instead of “moo” is teased until he meets a pig who says “moo” instead of “oink.” By teaching one another the proper sounds, the two misfits have the last laugh—and the biggest vocabularies!



High-quality books and educational resources from First Book supporting research-based Life Skills from *Mind in the Making* by Ellen Galinsky



Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. www.fbmarketplace.org.

You will notice that these tips promote two child development principles: **Serve and Return** and **Executive Function** skills.

Serve and Return, like a game of ball, involves a back and forth conversation between you and your child where you listen, then build on and extend what your child says or does to promote learning.

Executive Function skills are skills you use to manage your attention, your feelings, your thoughts and your behavior to reach your goals.

They include being able to pay attention, remember information, think flexibly and exercise self control.

Find more about *Mind in the Making* at www.mindinthemaking.org.