

9. Children need opportunities to develop self-control, self-regulation, and executive function.

Resources

Books

- [“Executive Function & Child Development”](#) by Marcie Yeager and Daniel Yeager
- [“Smart but Scattered”](#) by Peg Dawson and Richard Guare
- [“Nurturing Self-Regulation in Early Childhood: Adopting an Ethos and Approach”](#) by Tamsin Grimmer, Wendy Geens
- [“Tools of the Mind: The Vygotskian Approach to Early Childhood Education”](#) by Elena Bodrova and Deborah Leong

Articles

- [“Self-Regulation and Executive Function: Responsive and Informed Practices for Early Childhood”](#) – NAEYC
- [“A Guide to Executive Function”](#) – Harvard University Center on the Developing Child
- [“Building Executive Function Skills Through Games: The Power of Playful Learning”](#) – NAEYC
- [“Executive Function in Early Childhood”](#) – The Education Hub

Organizations

- [Tools of the Mind](#)
- [Egg- The Proven Toolkit for Building Lifelong Resilience and Focus](#)
- [Child Mind Institute](#)
- [Center on the Developing Child – Harvard University](#)

People, Podcasts, Social Media

- [Focus Forward: An Executive Function Podcast](#)
- [Calm and Connected – Episode 106: Executive Function for Kids and Teens](#)
- [@childmindinstitute](#) (Instagram)
- [@developingchildhavard](#) (Instagram)