

Executive Functioning Skills

Executive function is a set of mental skills that include working memory, flexible thinking, and self-control. We use these skills every day to learn, work, and manage daily life. Trouble with executive function can make it hard to focus, follow directions, and handle emotions, among other things. Some people may refer to these skills and social emotional skills.

Children are not born with these skills—they are born with the potential to develop them. Some children may need more support than others to develop these skills.

Adults can facilitate the development of a child's executive function skills by establishing routines, modeling social behavior, and creating and maintaining supportive, reliable relationships.



All children can be successful learners. Responsibility for learning is shared by students, parents, teachers, and the community. Learners require ongoing opportunities to use and develop skills. Opportunities to learn occurs first at home and are extended as children transition into school.

Contact Information

Facilitating Organization:
Swan Valley School Division

Program Coordinator:

Nicole Bobick

Phone: 204-281-0448

email: nbobick@svsd.ca

Swan Valley Better Beginnings Program



Learn with play



Better Beginnings



North Parkland
Parent Child Coalition

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Learn Skills Through Play

The Better Beginnings program is designed for children ages 0-6 and their caregiver to engage in learning activities together that promotes healthy development.

The five pillar skills that will be the focus of the program are:

1. Gross motor skills
2. Fine motor skills
3. Literacy skills
4. Numeracy skills
5. Executive functioning skills

Activities are guided or independent and focus on one or more of the pillar skills at once. Caregivers can use or adapt the learning activities to be continued at home.



Gross and Fine Motor Skills

Gross motor (physical) skills are those which require whole body movement and which involve the large (core) muscles of the body to perform everyday functions. Gross motor skills impact on your endurance to cope with a full day of school.

Fine motor skills involve the use of the smaller muscles of the hands, commonly in activities like using pencils, scissors, constructing with blocks, doing up buttons or tying shoes. Fine motor skills significantly influences the quality of outcomes as well as the speed of task performance.

Numeracy and Literacy Skills

Literacy or language learning is an active process that begins at birth and continues throughout life. Literacy skills enable children to communicate their thoughts, feelings, and experiences, establish relationships and to make sense and of their world.

Numeracy or number learning is the knowledge and skills, that students need in order to use numbers in a wide range of situations in daily life. It involves recognising and understanding the role of numbers and the ability to problem solve and identify patterns.

Literacy and numeracy skills are the foundations of lifelong learning and full participation in society. These skills empower children to make meaning, communicate, think critically and creatively, and reach their full potential.

