You can read *Head, Shoulders, Knees and Toes* in a way that highlights Focus and Self Control, a Life Skill that promotes Executive Functions. Children need this skill in order to achieve their **goals**, especially in a world that is filled with distractions and information overload. It involves **paying attention**, **remembering the rules**, **thinking flexibly** and **exercising self control**.

**TIP:**
While reading the book to your child, you can point to your head and say:
- “Here’s my head. Where’s your head?”
Then point to the child’s head:
- “There’s your head!”
Wait for your child’s response and respond back.

**SKILL:**
Focus and Self Control includes **paying attention**, which calls on **Executive Function** skills. Also, this back and forth interaction is what researchers call “**Take-Turns Talk**.” Like a game of ball, one of you says or does something and the other responds. The importance of these everyday interactions to brain-building is a key finding from child development research.

**TIP:**
For children who are beginning to remember and understand words, you can let them point first and you follow their lead.
You can ask:
- “Where are your toes?” and “Where are my toes?”

**SKILL:**
Asking questions is a good way to be interactive and help children **pay attention**.

**TIP:**
You can encourage your child to point to the part of the body named in the book first and then do the action.

**SKILL:**
This activity requires **memory**. Focus and Self Control includes **remembering information so that you can use it**.

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