

# AIR TRAFFIC CONTROL

The “executive function” system of the brain



Strong brain architecture supports the development of integrated cognitive, social, and emotional skills called “executive function” which operates like “air traffic control” in a child’s mental airspace.

Think of a young child’s brain as the control tower at a busy airport. All the planes landing and taking off simultaneously demand the controller’s attention to avoid a crash. A young child faces similar challenges learning to pay attention,

plan ahead, deal with conflicts, or follow rules at home or in the classroom.

Children require strong air traffic control skills to help regulate the flow information, prioritize tasks, and find ways to manage stress and avoid mental collisions along the way. Fortunately, these skills can be built throughout childhood and into early adulthood through practice and coaching.



## BUILDING BETTER BRAINS

We all have the tools to help build better brains. By understanding the science behind brain development we can take action that will improve our physical and mental health and reduce risk for addiction across the lifespan.



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