



# Commonwealth of the Northern Mariana Islands

## Department of Community and Cultural Affairs

### Office of the Secretary



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Joseph P. Deleon  
 Guerrero  
 Secretary

Last Saturday on June 11th, Evergreen Learning coach Russelle Mae Ignacio conducted a workshop on the topic of Executive Functioning Skills: Methods to improve them in children through interactions and relationships. This workshop was facilitated at the Evergreen Learning office, Chalan Kanoa, Saipan. A total of fifteen child care providers from different programs throughout Saipan participated in this two- hour workshop.

Vivian Sablan  
 Administrator  
 Division of Youth  
 Services

One of the objectives within this workshop is to provide an introduction to the seven essential life skills:

Skill one- Focus and Self Control;

Rita Chong  
 Historic Preservation  
 Officer  
 Historic Preservation Office

Skill two- Perspective Taking;

Skill three- Communicating;

Parker Yobei  
 Executive Director  
 Commonwealth Council  
 for Arts & Culture

Skill four- Making Connections;

Skill five- Critical Thinking;

Walter A. Manglona  
 Director  
 Office on Aging

Skill six- Taking on Challenges and;

Skill seven- Self Directed, Engaged Learning.

Walter I. Macaranas  
 Administrator  
 Nutrition Assistance  
 Program

In addition, participants learned ways in how they can as adults, develop these skills through responsive and meaningful interaction and daily activities with the children they provide care for. Lastly, participants engaged in creating a list of appropriate activities that will encourage children to use their executive functioning skills.

Melvin Faisao  
 Executive Director  
 Chamorro/Carolinian  
 Language Policy  
 Commission

Executive functioning skills includes children's ability to be in charge of their actions, thoughts, emotions and responses to achieve their goals. Attendees were able to fully grasp the definition and how they can integrate these practices in their daily routines and interactions with children by providing a variety of related activities. The facilitator played clips to show examples on how providers can help children's brain development in the first early years along with "serve and return interaction". Serve and Return interaction is used to promote a lot of back-and-forth interaction between the child and the adult. The main source for this workshop is from the book *Mind in The Making* by Ellen Galinsky. This two- hour workshop will be counted towards each providers Child Care and Development Fund (CCDF) Program required annual training hours.

Maribel D. Loste, M.Ed  
 Director/Administrator  
 Child Care and  
 Development Fund  
 (CCDF)

Low Income Home Energy  
 Assistance Program  
 (LIHEAP)

Gordon Salas  
 Supervisor  
 Childcare Licensing  
 Program

Garapan Street Market

