

Skill-Building Book Tips

7 Essential Life Skills

Discover *Noisy Nora* 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's filled with distractions and information overload. It involves **paying attention**, **remembering the rules**, **thinking flexibly** and **exercising self control**.

Tip

As you read *Noisy Nora*, suggest things Nora could do instead of causing trouble:

- “Nora might like to read a book while she waits.”
- “Nora could think of something funny as she waits.”
- “It might be easier for Nora to wait if she sings a song.”
- “Nora might tell her parents that she needs some attention, too.”

Skill

Focus and Self Control includes **finding ways to wait**, even when it is hard to wait, which calls on **Executive Function** skills. Getting good at waiting requires **strategies**, including telling people what you need. Your child can learn strategies from you and the characters in books.

Tip

Ask your child what else Nora could do to help her wait.

Skill

By asking your child to suggest her own ideas for waiting, you're helping her prepare **strategies** to use when **self-control** is necessary. The back-and-forth conversation you have with her about this book 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

Remind your child of a time when she or he managed to wait successfully:

- “When I was on the phone, you waited for me to read your book by looking at the pictures alone.”

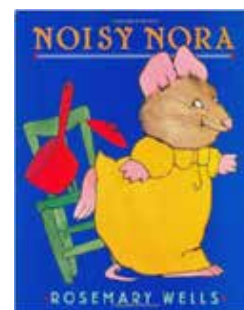
Skill

When you remind your child of a time that he or she exercised Focus and Self Control, you are **reinforcing the strategies that have been successful**.

Noisy Nora

By Rosemary Wells

What's a mouse to do when her father and mother spend all their time with her older sister and baby brother? Make lots of noise—that's Nora's solution! Hushed by her parents and scolded by her sister, Nora runs away, and all is far too quiet until her joyful return.



These tips sheets were developed by *Mind in the Making*, in collaboration with First Book. Find more books and materials on the First Book Marketplace, a resource available exclusively to educators and programs serving children in need. Visit: www.fbmarketplace.org.