

Special Issue

Lifestyle Factors and Cognitive Development in Children

Message from the Guest Editor

Childhood is a time of rapid change and growth. This Special Issue examines how lifestyle factors influence cognitive development from birth to 18 years. Drawing on research from neuroscience, psychology, nutrition and public health, it explores how physical activity, diet, sleep, social engagement, stress and environmental exposures shape cognitive trajectories. Contributors may present evidence on mechanisms through which interventions enhance cognitive reserve, neuroplasticity and executive function, while addressing disparities in access to enriching environments. The articles will advance understanding of protective and risk factors for cognitive outcomes, bridging research with practical applications for education, clinical practice and policy. By highlighting the malleability of cognitive development, this Issue underscores the potential for evidence-based interventions to optimize cognitive health across diverse populations.

Guest Editor

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Deadline for manuscript submissions

5 August 2026



Children

an Open Access Journal
by MDPI

Impact Factor 2.1
CiteScore 3.8
Indexed in PubMed



mdpi.com/si/265016

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About the Journal

Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children’s health. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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