In the first half of the 20th century, the prevailing view was that bilingualism and second-language acquisition early in life have negative effects on cognitive development. However, since the 1970s, many researchers and educators argued against the idea of bilingualism as a hindrance to intellectual functioning or, at best, little or no effect, a much more optimistic picture has emerged since that time. 

Bilingualism showed a moderation effect on the relationship between age and CSF AD-biomarkers and the relationship between age and cognitive function. We conclude that bilingualism contributes to cognitive reserve enhancing executive and visual-spatial functions.

Effects of Bilingualism on Cognition

In the current study, we examined the role of the bilingual advantage in cognitive control. Children significantly outperformed their monolingual peers in this task, suggesting early development of inhibitory control in bilingual children.

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