Studies do not have a clear answer as to what age is best to start learning a second language. It is difficult to compare children and adults as second language learners because of different biological differences and conditions for language learning. There are different advantages depending on the age of the second language learner. For example, a younger person would have more time and more opportunities to work with the second language. Therefore, they would obtain native-like fluency. But an older person would have more metalinguistic knowledge, memory strategies, and problem-solving skills, which would make them more efficient learners. (Lightbown, 2013, pp. 36-38)

I would tell that person that learning a second language earlier doesn’t necessarily mean that there will be more success. Older learners do have the ability to obtain high levels of proficiency in their second language. In fact, older learners are more efficient learners when there is limited time to learn a second language. Other factors such as the learner’s objectives and amount of time for learning a second language need to be considered before determining which age is best.