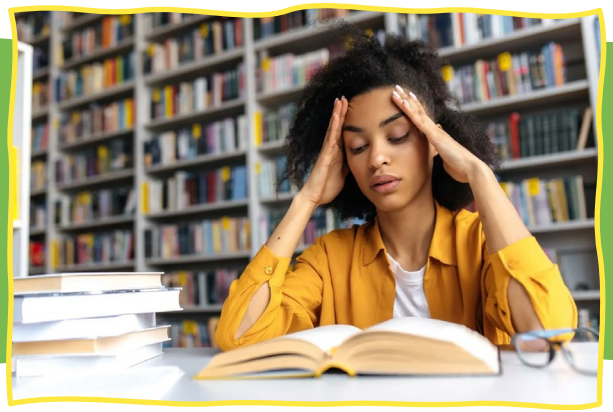


Let Me Do It By Myself... I Need Help!



Erik Erikson was a developmental Psychologist known for his theory on psychological development. He maintained that everyone goes through a series of developmental stages that play a crucial role in promoting independence by allowing individuals to acquire skills, knowledge and confidence at various points in their lives. Here are his thoughts...

Infancy (0-2 years) – During this stage, infants begin to explore their environment. As they learn to crawl and walk, they gain mobility, which fosters a sense of independence.

- **Parent Tip:** Encouraging children to explore safely helps build their confidence.

Early Childhood (2-6 years) – Children start to develop self-help skills, such as dressing themselves, using the toilet, and feeding themselves. These accomplishments enhance their sense of autonomy.

- **Parent Tip:** Promoting interactive play becomes a critical way for children to make decisions and learn problem solving skills.

Middle Childhood (6-12 years) – School age children gain more independence through academic and social experiences. They learn to complete tasks like homework and chores.

- **Parent Tip:** Setting rules around homework and chores reinforces a child's ability to take responsibility for their actions.

Adolescence (12-18 years) - This stage is marked by a strong desire for independence. Teenagers begin making their own choices regarding friendships, academics and personal interests.

- **Parent Tip:** Communicating with Adolescents about the choices they make helps them shape their values and beliefs, allowing them to navigate the world more independently.

If you would like to read more about Erikson's stages of development, including how to support young adults, research him at: www.verywellmind.com/erik-eriksons-stages-of-psycho-social-development-2795740

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