

**January 2025**

## **Let Me Do It 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 some of 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](http://www.verywellmind.com/erik-eriksons-stages-of-psycho-social-development-2795740)

**For further information or to access our EAP services, call  
800.236.3231**

**February 2025**

## **My Phone Is My Life...It's Driving Me Crazy!**

Social media use by young people is nearly universal. Up to 95% of people ages 13-17 report using a social media platform. More than one third say they use social media “almost constantly.”

Research has emerged about the connection between increased social media use and soaring rates of mental distress among adolescents. Data indicates that heavy use of social media displaces important activities such as getting sufficient sleep and in-person time with family and friends. Excessive social media use can fuel feelings of addiction, anxiety, depression, isolation and ‘Fear of Missing Out’ (FOMO).

To help kids make smart media choices, the American Academy of Pediatrics recommends the following:

- Monitoring their media diet. Be aware of the established ratings for movies, shows or games to avoid inappropriate content.
- Limiting screen time at home, keep televisions, computers, or video games out of children’s bedrooms.
- Limiting exposure to entertainment media to no more than two hours per day.

**If you are concerned about your child’s excessive social media use, please reach out! We can provide free, confidential counseling and other resources.  
800-236-3231 or visit [www.aurora.org/eap](http://www.aurora.org/eap).**

Resource: [How to limit your child’s technology use | health enews](#)

**March 2025**

## **I Need Sleep....There Is No Time!**

According to a Centers for Disease Control (CDC) study, more than one third of U.S. adults are not getting enough sleep on a regular basis. But achieving better sleep is important for the whole family. The following sleep hygiene tips applies regardless of age:

- Create a relaxing bedtime routine
- Dim the lights after dark
- Unplug from electronics
- Keep the room cool and comfortable
- Get regular exercise

A few more suggestions for parents or caregivers:

- Set limits on homework hours
- Prioritize tasks, including school or extracurricular activities
- Take breaks
- Set a “No screen time” rule for 1-hour before bed

**If you or your family need assistance, please reach out to  
the Aurora EAP at 800-236-3231 or visit  
[www.aurora.org/eap](http://www.aurora.org/eap)**

**Resources:**

**Center for Disease Control-** [www.cdc.gov/sleep/about/index](http://www.cdc.gov/sleep/about/index) [About Sleep](#) | [Sleep](#) | [CDC](#)  
[Get in Gear for the New School Year: Back-to-School Tips for Parents](#) | [U.S. Department of Education](#)