



# EFFICACY

We all need to feel like we are moving forward. Doing something that is productive either for ourselves, someone else, or the community. Efficacy creates a sense of control and mastery. It is especially important when the world around us feels out of control. It can help us feel connected to others, ourselves and our lives.



## Infants and Toddlers: 0-2 years

- **Milestones:** Developmental milestones are as important to babies and toddlers as to the loved one's caring for them. Rolling over, sitting up or saying a new word helps both baby/toddler as well as those caring for them to feel like things are still moving forward.
- **Movement:** We all need to feel like we are moving both psychologically as well as physically. Put your baby in a stroller or your toddler in a wagon and move around. You don't have to go far or anywhere at all. A change in position, placement, room or environment is often enough for your baby or toddler to gain a new perspective.



## Early Childhood: 3-6 years

- **Provide Appropriate Choices:** Being able to make simple and appropriate choices helps young children gain a sense of control. What do you want for snack: crackers or pretzels? Would you like to color or play a game? Keep the choices limited to not overwhelm but to help your child with a sense of control.
- **Simple Tasks:** Encourage your child to complete age appropriate simple tasks, putting on their socks, helping clean up toys, and/or sweeping the floor gives children a sense of purpose and encourages learning of a new skill.



## Middle Childhood: 7-12 years

- **Chores:** Encourage chores, teach your child to do laundry, load and unload the dishwasher, make their own lunch. Learning and completing a task supports a sense of accomplishment. Children this age want to contribute and doing chores is a great way to feel needed, even if they dislike the task.
- **Creating and completing projects:** Encourage your children to make art, dance, or write a song. Look up a "How To" video and create a squirrel picnic table, or diy hand

sanitizer. Through creating and completing projects children feel industrious. Encourage them to share their projects with others as a way to bring people together.

- **Hold family meetings:** Provide space for children to ask questions and talk about feelings and fears. During these meetings talk to your children about the different challenges your family has encountered. Identifying family strengths and encouraging children to participate in problem solving will build competence and reassure children you can get through this together.



## Adolescence: 13+ years

- **Interests and hobbies:** Encourage teens to continue their interests and hobbies. Do they play a sport, instrument, or collect items? Help them to find innovative ways to continue those passions. Help them to recognize that disasters don't take away accomplishments or the effort put into something. Engaging in activities reinforces a sense of productiveness.
- **Do something positive:** Participating in the clean up after a disaster, handing out fresh water to those in need, or watching younger siblings while parents access services will help your teen feel like they are capable, effective and contributing to something bigger than themselves.
- **Identify Strengths:** Ask your teen about the challenges in their own life from learning a new skill to facing a fear. Discuss ways they might use those strengths in the current situation.