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| **Developing Autonomy** |

Erikson’s second psychosocial stage, autonomy versus shame and doubt, describes the child’s need for autonomy at a time when many developmental milestones are occurring.  Early childhood caregivers and parents can work together to support children’s development by guiding children with autonomy and developing socially and culturally appropriate behaviors.    
  
For this discussion, choose one of challenges to overcome in helping children develop autonomy:

1. Doubt/fear
2. Mistrust/insecurity
3. Tantrums
4. Control/power struggle
5. Unregulated emotions
6. Separation anxiety
7. Stranger anxiety

Compose a sample letter to parents that include the following:

1. Characteristics of the behavior(s)
2. A strategy to deal with this particular challenge
3. Socially appropriate responses and actions to help the child develop autonomy
4. A recommendation for one resource to help parents learn more

Your response should include at least one outside resource to share with parents, with reference formatted in APA style.