

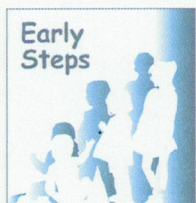


# Gearing Up for Another Year of Early Steps!

## We Are Starting Another Year of Early Steps!

Since 2008 we've done more than 550 Age 7 home visits, and about 260 Age 8 home visits in Eugene, OR, Pittsburgh, PA, and Charlottesville, VA. We are excited to announce that we will start doing Age 9 home visits this Fall! We bring back video-taped interactions in Age 9; parents/guardians will be paid \$200.

We are grateful to all of the families who participate by letting us into their homes year after year, and for sharing their experiences with us. We couldn't do this without you! Please call us with any questions or concerns you have about the project.



### University of Oregon

Child & Family Center  
195 West 12th Ave  
Eugene, OR 97401  
(541) 346-4805

### University of Pittsburgh

210 South Bouquet Street  
Pittsburgh, PA 15218  
(412) 624-4020

### University of Virginia

102 Gilmer Hall  
P.O. Box 400400  
Charlottesville, VA 22904  
(434) 243-9758 or  
1-(866) 268-1898

## Schools

Recently, we invited you to participate in an exciting addition to the Early Steps Project that has broadened our involvement in the community and is teaching us more about schools, after-school care, and neighborhoods. We have 69 school districts and 204 schools participating in Charlottesville, VA, Eugene, OR, and Pittsburgh, PA! We are looking forward to learning more about how families and children are influenced by environments outside of the home!

## Your Child and Friendships

During middle childhood, children begin spending more time in school and are developing closer relationships with their friends. School-age children also begin spending more time in their neighborhoods and enjoy growing independence. During this stage, peer relationships become more important than they have been before, so it's

important for parents to support their children in making healthy friendships. Children this age usually form small groups of friends, and it's fairly normal for school children to change "best" friends often. Teaching your child prosocial behaviors, such as cooperation, empathy, and sharing, can

help them make and keep friends. Parents also play an important role in keeping their children safe by talking with them often about their friends and activities.



## Recent Findings

*Parents Help Children with Self-Control!* Parents in the Early Steps project who are supportive (instead of harsh) had children who learned self-control faster. Parents are key in helping children learn self-control!

Please help us stay in contact with you so that we can invite you to participate in home visits. You may still be able to participate even if you moved out of state.

If your address or phone number changes – call and let us know.

**We'll send you \$10!**

**Oregon Families Please Call:**  
541-346-3408 or 1-800-980-4805

**Pittsburgh Families**  
Please Call: 1-877-748-8666

**Charlottesville Families**  
Please Call: 1-866-268-1898

