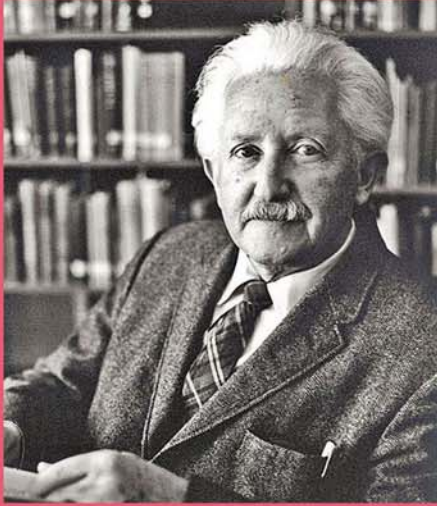


# Erik Erikson



He developed a psychosocial theory to understand how we each develop our individual identities: why some of us are independent and others needy; feel able or useless; optimistic or pessimistic. He believed people develop through 8 stages. At each stage, there is one important problem or issue to solve in order to develop a healthy sense of self.

## Theories In Practice

- As Educators, we form attachments with children.
- We respond warmly and consistently to babies' needs.
- We talk gently to babies if we can't pick them up or deal with their needs right away.
- Tune in to children's interests and skill level and offer just enough support to help them do things for themselves.