



THANK YOU!

We are incredibly grateful for your support over the last **20 years**. Thanks to **YOU**, we have made significant strides in understanding which factors can impact children and adolescents. Your participation has fueled over 100 publications exploring topics such as parents' monitoring of teens' activities, the effect of open communication, and the influence of neighborhood and peers, just to name a few. These insights have shed light on fostering close friendships, succeeding in school, and preventing drug use and rule-breaking activities. Through your involvement in Early Steps, you have supported our work and also extended a helping hand to families across the US and even internationally. *We're immensely grateful for your continued participation!*

WHAT IS THE EARLY STEPS PROJECT?

This study was funded to learn how parent-child relationships shape children's behaviors and their development from early childhood through adulthood. It is led by a team of researchers from the University of Virginia, the University of Pittsburgh, Arizona State University, and Oregon Research Institute.

WHAT PART HAVE I PLAYED IN THE EARLY STEPS PROJECT?

Age 2-10: We visited you and your caregiver almost yearly. We brought lots of toys and watched both of you play with them. As you got older, you took part in some discussions with your caregivers about family life. We also asked your caregiver (and eventually you) lots of questions about parenting, family life, your behavior at home, at school, and with your peers.

Age 14 & 16: We visited you again. Lots of the same questions and more family discussions!

Age 19: As we were getting ready to visit you again, the COVID-19 pandemic turned the world upside down. We couldn't come to your home, but we managed to meet through video calls and ask you more questions about your life and your well-being with ONLINE surveys.



20 YEARS AND A GLOBAL PANDEMIC LATER

We are very interested to learn about your life as you step into adulthood. Your twenties are a time of many changes, and we want to understand how these changes have affected you during and after the COVID-19 pandemic.

SOME LESSONS LEARNED FROM YOU AND YOUR FAMILY:

As we look at the information we have gathered from all of you, we have been able to link early patterns of behaviors between children and their caregivers as well as the role that family, peers, and neighborhood play as children go through adolescence. Here are a few of these findings:

- When parents are supportive and involved in their children's lives, kids learn to control their impulses at a younger age. Self-control is a key factor in children's long-term success!
- Supportive parenting includes skills such as positive behavior strategies, providing structure and rules, safekeeping their children's activities, and building family relationships.

WE ARE HOPING YOU WILL BE WILLING TO HELP US BY:

Age 22: completing an online survey – you will receive \$75.

Age 24: meeting with us through a video call AND completing a brief ONLINE survey – you will receive \$150.

SHOUTOUT TO THE 400 PARTICIPANTS WHO HAVE ALREADY COMPLETED THEIR AGE 22 SURVEY!



Questions? Call or text us: Pittsburgh: (412) 334-5974 Eugene: (541) 434-1532 Charlottesville: (434) 207-2225