



Pandemic Impact: Understanding Effortful Control in Toddlers

Researchers at Birkbeck Babylab have put together a survey to investigate the development of 'Effortful Control' in toddlers, this is an essential life skill for regulating our emotions and behaviours. We are particularly interested in whether spending early years in a global pandemic with novel changes to schooling, childcare and early social interactions may have an impact on the development of this skill. Additionally, as part of the push towards open science, the survey aims to compare multiple existing scales of effortful control in toddlers.

This survey is completely anonymous and should take around **20 minutes** to complete, if you are happy to take part or would like to know more, follow this link to the experiment platform where you will be shown the study information sheets before being asked if you want to continue – <https://research.sc/participant/login/dynamic/F1E20F27-2F34-4AAA-A447-EBA7FADD8956>

Whether or not you have previously taken part in any research you are welcome to take part in this survey, all you need is to be a parent (or guardian) to a child **between 3 to 5 years old** and be based in the **UK**.

If you have any questions or concerns, feel free to reply to this email or reach us on staars@bbk.ac.uk. We greatly appreciate you taking the time to help us with this important part of child research!