

Developmental Stages, Birth - 11

Stage 1: 0-6 months

Theme: "Safe & Secure"

	<i>Suggestions:</i>
<p>PHYSICAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Needs to be held and touched √ Feeding patterns are established √ Has sucking and grasping reflexes √ Reaches for and grabs objects √ Makes large muscle movements (arms & legs) √ Is able to follow ("track") objects and focus visually √ Supports head √ Rolls over √ Sleeps much of the time √ Has no bladder or bowel control √ Experiences rapid growth and change 	<p><i>Hold your baby often!</i></p> <p><i>See your child's pediatrician regarding the appropriate schedule of immunizations.</i></p> <p><i>Provide age-appropriate and stimulating toys for your baby to practice his/her developing skills.</i></p> <p><i>Always place your baby on his/her BACK TO SLEEP.</i></p>
<p>INTELLECTUAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Piaget refers to this stage as "Sensorimotor" – meaning that the child learns primarily through sense & motor activities. This continues through age 2. √ Infant begins to vocalize; makes cooing sounds √ Vocalizes spontaneously √ Discovers s/he has an impact on his/her environment (e.g., if s/he cries, caregiver will respond!) 	<p><i>Talk to your baby!</i></p> <p><i>Encourage your baby as s/he imitates you.</i></p> <p><i>Offer toys and images with bright and bold colors (red and black) to encourage visual discrimination.</i></p>
<p>SOCIAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Erikson calls this stage "Trust vs. Mistrust." √ Infant recognizes his/her caregivers √ Is extremely dependent on caregivers for fulfillment of needs √ Initiates social contact (e.g., smiles when caregiver appears) 	<p><i>Reassure your baby with soothing, affectionate tones.</i></p>
<p>EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Establishes attachment/bonding with caregivers. √ Caregiver and child learn to read each other's cues and become emotionally attached to one another. √ Communicates emotions by smiling or crying. √ Is able to comfort him/herself with thumb or pacifier √ Learns to trust that basic needs will be met 	<p><i>Make an effort to "read" your baby's cues. This will significantly impact your confidence as a new parent!</i></p> <p><i>Try the "5 S's" to help your baby sooth himself/herself: Swaddle, Side, "Shhh," Swing, and Suck.</i></p>
<p>MORAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Sees him/herself as the center of the world! √ Has no sense of right or wrong 	<p><i>Discipline is inappropriate at this age.</i></p>

Notes:

Developmental Stages, Birth - 11

Stage 2: 6-18 months

Theme: "Increased Exploration and Activity!"

	<i>Suggestions:</i>
<p>PHYSICAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Begins to feed himself/herself ✓ Sits up, stands, walks ✓ "Dances" to music ✓ Has precise thumb and finger grasp ✓ Can stack 2 or more blocks 	<p><i>Closely supervise your baby.</i></p> <p><i>Childproof your home.</i></p> <p><i>Offer a variety of fruits & vegetables. Beware of allergies.</i></p>
<p>INTELLECTUAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Piaget refers to this stage as "Sensorimotor" – meaning that the child learns primarily through sense & motor activities. This continues through age 2. ✓ Begins to use single words to name things or actions. ✓ Says words like "Mama" and "Dada." ✓ Points to familiar things ✓ Points to at least one body part ✓ Curious about everything; explored his/her world ✓ Begins to realize an object can exist when it is out of sight ("Object Permanence") – e.g., child repeatedly drops an object from the high chair and bends over to look for it. 	<p><i>Play is important in your baby's life! Spend time each day just playing together; this is how your baby learns!</i></p> <p><i>Name objects as you go through your daily routine.</i></p> <p><i>Encourage Object Permanence by playing Peek-a-Boo.</i></p> <p><i>READ to your child! (Try Nursery Rhymes!)</i></p> <p><i>Provide a variety of music –classical, children's favorites.</i></p>
<p>SOCIAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Erikson calls this stage "Trust vs. Mistrust." ✓ Plays simple games, like peek-a-boo and pat-a-cake ✓ Begins to extend his/her attachment to people <i>other than</i> the primary caregivers ✓ Begins to develop some independence from caregivers (e.g., can soothe himself/herself, feed himself/herself, and can reach for objects) 	<p><i>Provide a transitional object, like a firm, age-appropriate stuffed animal or doll.</i></p>
<p>EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Hugs/kisses caregiver ✓ Does not like separation from caregiver ✓ Expresses several emotions clearly, but is unable to identify them ✓ Trusts caregivers ✓ Begins to see him/herself as permanent with enduring qualities (e.g., male vs. female) 	<p><i>Be sensitive to your child's separation anxiety.</i></p> <p><i>Leave your child with another caregiver for short intervals to reinforce the concept that you will return.</i></p>
<p>MORAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Sees him/herself as the center of the world! ✓ Has no sense of right or wrong 	<p><i>Be consistent in your tone and voice when teaching "No."</i></p>

Notes:

Developmental Stages, Birth - 11

Stage 3: 18 months – 3 years, “Toddler”

Theme: “Independence!”

	<i>Suggestions:</i>
<p>PHYSICAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Begins to walk up/down stairs (one step at a time) √ Rides tricycle √ Throws and kicks a ball √ Can hold a large crayon √ Increased eye-hand coordination √ Begins to develop some bowel/bladder control 	<p><i>Use safety gates.</i></p> <p><i>Offer walkers and ride-on toys, as well as large recreational balls.</i></p> <p><i>Introduce coloring as a wind-down activity.</i></p>
<p>INTELLECTUAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Piaget refers to this stage as “Preoperational” – meaning that the child is beginning to acquire symbols – like letters and numbers - but is not yet capable of logical thinking. √ Begins to use sentences √ Speech can be understood about 50% of the time √ Begins to use pronouns such as “I” and “you.” 	<p><i>READ to your child every day! This age is a great time to introduce picture books that will help your child “label” his/her world.</i></p> <p><i>Offer toys that encourage your child’s developing skills – shape sorters, puzzles, toys that show cause-and-effect</i></p>
<p>SOCIAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Erikson calls this stage “Autonomy vs. Shame and Doubt.” √ Plays alongside other children √ May show an interest in toilet training √ Test boundaries and limitations √ Learns to use the word “No!” √ Begins to consider the feelings and needs of others 	<p><i>Encourage your child’s independence; try not to do for your child the things he/she can do for himself/herself!</i></p> <p><i>Recognize child’ use of “No!” as an attempt to assert independence.</i></p> <p><i>Practice sharing.</i></p> <p><i>Practice toilet training as per child’s interest</i></p>
<p>EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Begins to express feelings verbally √ Begins to show sympathy √ Refers to self as “I” or “me” √ Can be separate from caregivers √ Recognizes people outside the immediate environment √ The role of caregivers is crucial to the development of self (e.g., will imitate adults’ behavior) 	<p><i>Your child is beginning to see himself/herself as separate from you; this may be a time of difficulty or increased insecurity/sensitivity for your child.</i></p> <p><i>Offer praise!</i></p>
<p>MORAL DEVELOPMENT</p> <ul style="list-style-type: none"> √ Beginning to learn about right and wrong 	<p><i>Be consistent in your tone and voice when teaching “No.”</i></p> <p><i>Model the behavior you want to see. (e.g., sharing)</i></p>

Notes:

Developmental Stages, Birth - 11

Stage 4: 3-6 years, "Preschool"

Theme: "Curiosity!"

	<i>Suggestions:</i>
<p>PHYSICAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Able to hop on one foot repeatedly ✓ Skips and dances well ✓ Shows good balance and increased coordination ✓ Displays more refined motor skills (e.g., ability to draw people, shapes) ✓ Prints a few letters 	<p><i>Encourage physical play in an appropriate setting (e.g., outdoors)</i></p> <p><i>Allow time and space for physical play and expression</i></p>
<p>INTELLECTUAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Piaget refers to this stage as "Preoperational" – meaning that the child is beginning to acquire symbols – like letters and numbers - but is not yet capable of logical thinking. This continues through age 7. ✓ Can complete a puzzle. ✓ Can draw a complete person ✓ Talks in sentences & is completely understandable ✓ Defines familiar words ✓ Has developed certain likes & dislikes ✓ Understands cause & effect relationships only in relation to his/her own needs, wants, and experiences (e.g., hot stove hurts me) ✓ Expresses ideas, asks questions, & engages in discussions 	<p><i>Continue to READ to your child daily! Revisit traditional Fairy Tales together.</i></p> <p><i>Teach your phone number & address</i></p> <p><i>Hang a poster/sign in child's room with his/her name to encourage word identification</i></p> <p><i>Teach your child to write his/her name</i></p> <p><i>Begin to discuss safety procedures in relation to strangers, 9-1-1, fire</i></p>
<p>SOCIAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Erikson calls this stage "Initiative vs. Guilt" (ages 4-5) ✓ Is able to dress/undress self without help (except for tying shoes) ✓ Engages in "make-believe" play ✓ Follows simple game rules ✓ Needs choices as s/he wants more independence ✓ Can share & take turns ✓ Often has "best friends" ✓ Likes to show off skills to adults ✓ Will test authority ✓ Can identify differences in self & others (e.g., gender, hair color, eye color) 	<p><i>Encourage your child's independence; try not to do for your child the things he/she can do for himself/herself!</i></p> <p><i>Provide CHOICES so that your child may take the initiative in decision making and problem-solving (e.g., clothing, meals, activities)</i></p>
<p>EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Can identify pictures of happy & sad people appropriately ✓ Identifies with caregivers & likes to imitate them ✓ Forms images of self ✓ Can be further away (physically) from caregivers ✓ Frequently overwhelmed by feelings (and s/he can experience feels of doubt and shame) 	<p><i>Your child continues to recognize that s/he is a separate individual from you; this may be a time of difficulty or increased insecurity/sensitivity for your child.</i></p> <p><i>Offer praise!</i></p> <p><i>Use books to discuss feelings (e.g., fear of the dark, bullies)</i></p>
<p>MORAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Protects self & stands up for his/her rights ✓ Is concerned with what behavior works to bring about reward or punishment ✓ Still needs outside controls as his/her conscience is relatively unformed 	<p><i>Be consistent in your expectations.</i></p> <p><i>Utilize "Time Outs"(in general, 1 minute per year of age)</i></p> <p><i>Model the behavior you want to see. (e.g., sharing, response time, tone of voice)</i></p> <p><i>Teach your child to stand up for him/herself; role play strategies</i></p>

Developmental Stages, Birth - 11

Stage 5: 6-11 years

Theme: "Learning"

	<i>Suggestions:</i>
<p>PHYSICAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Can play sports & develop new skills ✓ Energetic ✓ Has a large appetite ✓ Height & weight are increasing at a steady rate ✓ Increased coordination & strength ✓ Body proportion is becoming similar to an adult's ✓ Fine motor coordination is well-developed (e.g., writing and drawing skills) 	<p><i>Encourage participation in team sports</i></p> <p><i>Provide healthy snack options</i></p> <p><i>Foster a healthy body image</i></p> <p><i>Be aware of messages you are giving regarding body image</i></p>
<p>INTELLECTUAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Piaget refers to this stage as "Preoperational" – meaning that the child is beginning to acquire symbols – like letters and numbers - but is not yet capable of logical thinking. This continues through age 7. ✓ "Concrete Operational" stage is from ages 7-11, when the child is able to use logical thinking regarding their own experiences, but is not yet capable of abstract thought. ✓ Highly verbal ✓ Asks fact-oriented questions (e.g., why?, how?, when?) ✓ Judges his/her success based on his/her ability to read, write and do arithmetic ✓ Wants to develop skills and become more competent ✓ Enjoys projects that are task-oriented ✓ Learns to think systematically and generally about concrete objects ✓ Learns the concepts of past, present, and future 	<p><i>Continue to READ to your child daily! (Try reading a novel together.)</i></p> <p><i>Develop routines with regard to schoolwork/homework. Make sure your child has a desk or dedicated space in which to work.</i></p> <p><i>Stay involved in your child's academic life!</i></p> <p><i>Communicate effectively with your child's teachers.</i></p>
<p>SOCIAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Erikson calls this stage "Industry vs. Inferiority" (ages 6-11) ✓ Participates in community activities ✓ Enjoys working with and playing with others ✓ Has friends ✓ Plays mostly with same-sex peers ✓ Strongly identifies with social groups (e.g., "Brownies") ✓ Learns to achieve and compete ✓ Imitates and identifies with same-sex adult 	<p><i>Do not allow your child unsupervised access to the Internet, chat rooms, or instant messaging.</i></p> <p><i>Get to know your child's friends. They will be a huge influence on the person your child is becoming!</i></p> <p><i>Set the tone for respecting authority figures; your child will imitate your negative attitudes toward teachers, coaches, etc.</i></p>
<p>EMOTIONAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Acts very independent & self-assured, but can be childish & silly at times ✓ Self is partly defined by school environment ✓ Likes affection from adults ✓ Is more independent, but also wants caregivers to be present to offer assistance ✓ Can identify and label what h/she is feeling ✓ Can distinguish between wishes, motives, and actions 	<p><i>Generally, children under 12 should not be home alone.</i></p> <p><i>Your child continues to need your emotional support and unconditional love. Let him/her know that even when you don't love his/her actions, you still love him/her!</i></p>
<p>MORAL DEVELOPMENT</p> <ul style="list-style-type: none"> ✓ Begins to experience conflict between parents' values and those of peers ✓ Has strong sense of fairness ✓ Rules are important and must be followed (e.g., breaking rules is "bad") 	<p><i>Communicate your values and expectations.</i></p> <p><i>Discuss consequences.</i></p> <p><i>Model the behavior you want to see. (e.g., sharing, response time, tone of voice)</i></p> <p><i>Teach your child to stand up for him/herself; role play strategies, especially in regard to drug use</i></p>