



Overview of Child Development



Ages & Stages	Toddlers 1 to 3 yrs	Preschool 3 to 6 yrs.	Children 7 to 10 yrs	Pre-adolescent 11 to 13 yrs.	Adolescent 14 to 18 yrs
What to expect	<ul style="list-style-type: none"> • Toddlers are impulsive • Toddlers can't understand complex ideas • Toddlers have inconsistent memory and attention 	<ul style="list-style-type: none"> • Struggling to understand themselves, their emotions & life • Asking many questions • Telling stories • Mixing reality & fantasy 	<ul style="list-style-type: none"> • Feelings are often acted out • Confusion related to how they are feeling • Competitive - concerned with rules and winning • Argumentative - beginning to form their own opinions 	<ul style="list-style-type: none"> • Socializing with peers is a priority • Striving for independence • Impulsive and sudden shifts in mood • Testing limits • Challenging rules & authority 	<ul style="list-style-type: none"> • Socializing with peers • Struggles between parent & child • Shifts in mood • Uncertainty about the future • Strong opinions
Typical Emotions	Fear Anger, Happiness Uncertain Frustrated, Annoyed Surprised	Fear, Anxiety Sadness Scared Rejected, Lonely Anger, Happiness Frustrated, Annoyed	Hurt Fear, Anxiety Anger, Happiness Frustrated, Annoyed Rejected, Lonely Unloved, Guilty	Embarrassed, Hurt Fear, Anxiety Anger, Happiness Frustrated, Annoyed Rejected, Lonely Unloved, Guilty Remorseful, Insecure Despair, Emptiness	Embarrassed Fear, Anxiety Anger, Happiness Frustrated, Annoyed Rejected, Lonely Unloved, Guilty Self-conscious Remorseful, Insecure Despair, Emptiness
What the child is striving for	<ul style="list-style-type: none"> • Exploring their world through play • Anxiety related to separation from parent • Beginning to try things on their own 	<ul style="list-style-type: none"> • Imaginative play (house, doctor, school) • More independence • Reassurance • Safety 	<ul style="list-style-type: none"> • Creative • Fairness • Developing a sense of humour • Beginning to understand abstract thinking • Friends are influencing behaviour 	<ul style="list-style-type: none"> • Self-conscious about appearance • Interested in partnering • Sexual development • High standards for self • Opinions of friends are very important 	<ul style="list-style-type: none"> • Issues related to separation, openness • Intimacy shared outside of the family • Seek non-family activities • Challenging family values • High achieving
Important relationships	<ul style="list-style-type: none"> • Family 	<ul style="list-style-type: none"> • Family • Friends 	<ul style="list-style-type: none"> • Family • Friends • School staff • Leisure activity staff 	<ul style="list-style-type: none"> • Family • Friends • School • Leisure 	<ul style="list-style-type: none"> • Peers • School • Family • Significant adult