

Developmental Chart

School Aged Kids- 5-10years

Physical	Cognitive	Social	Emotional
Slow steady growth 3-4 inches per year Boys may be slower growth with spurts	More adept at using language to express needs, thoughts	Can play more cooperatively- seeks to make friends in most situations	Self esteem based on ability to preform- get good grades or be adept at physical challenges
May become interested in sports/ team activities	5-8 can recognize others perspectives but not able to assume role of other 8-10 can recognize difference between behavior and intent 10-11 can understand accurately others viewpoints and consider differences	Gets the meaning of right and wrong	Sensitive to other's opinions about themselves
Motor and perceptual skills better integrated	Can read on own, is interested in writing, math and school in general	Leans heavily on rules and may have a strict sense of what is fair, just. By age 9-10 may want to renegotiate rules	At age 6-9 may start having questions about pregnancy, intercourse etc.. By age 10-12 may begin experimentation.
Puberty may begin for 9-12 years	Understands basics of time and can remember events from months or years earlier	Begins to understand social roles and can adapt behavior to fit the situation	Seeks to avoid punishment at all costs, this may be time of lying or hiding inappropriate behaviors
Keen interest in their own body, more body awareness may increase complaints of tummy aches, minor scrapes	Developing coping skills for handling disappointment	Less fantasy play and more team sports, board games	May avoid asking for help because they fear being teased or singled out
More aware of the opposite sex	Begins to see how his/ her actions and behavior affects others	Plenty of same sex friendships and a need to be a part of the "group"	
Rapid growth spurts may cause awkwardness	Logical thinkers- concrete thinkers		
Secondary sexual characteristics emerge	By age 10 most children can follow 5 commands in a row		

Adolescents ages 11-18

Physical	Cognitive	Social	Emotional
Large growth spurts common girls ages 11-14 and boys 13-17 but widely vary	Formal operations- use of abstract thought instead of concrete manipulations	Begins to distance self from parents and identify more with peer group, this increases with age	Main task is identity formation- who am I?
Puberty causes hormonal surges and appearance of secondary sexual characteristics.	Can think more hypothetically and calculate consequences without actually experiencing behavior	Social acceptance crucial and status largely related to group membership and conformity,	Very self conscious and may not have objective opinion on body image,
Growth spurts may cause temporary awkwardness	Consider more than one possibility and plan behavior in advance based on this	In middle teen years loyalty understand and trust play more crucial role in friendships	May be prone to over reaction and super intense emotions, everything is the BEST or the WORST- not much middle ground
Greater confidence in what they can accomplish physically	Think logically as well can contrast and compare information	Begins to develop true morality and code of ethics	Intense emotion seeking- loves the drama, the sadness, the joy
Height may vary widely from person to person	Have insight now onto other peoples' perspectives and the social systems at large	Grooming and appearance become more important	Mood swings caused by hormonal shifts can be intense
	Systematic problem solving emerges, tends to reject suggested solutions in favor of their own ideas/plan	Relationships with opposite sex develop	Be be susceptible to stress and it can be cumulative in it's impact
	Shows concern for community and well being of others	Often seek out adult leadership roles	Seeks autonomy
	More likely to take risks- less fear of taking chances than adults		