

# Ages & Stages

**DEVELOPMENTAL MILESTONE  
CHARTS (Birth to Age 18)**

## Physical Growth

- Gains about 1/4 to 1/2 pound of weight each week for the first 6 months.
- Height gain of about one inch each month.
- Breaths mostly through nose.
- Not able to hold head up in first month. Can turn head from side to side when lying on back. Lifts head by second month.
- Body will be limp at knees and hips when held standing by parent.
- When parent supports back, will round back by second month. Will also try to hold head up but will still bob forward.
- In first month will keep hands closed tightly. By second month will often open hands and grasp.

## Speech and Problem-Solving Growth

- Watches object when held at a distance of 8–15 inches. By two months will follow toy from side to side.
- Likes when people respond with their face (e.g. smile back at them).
- Turns head to visual stimuli or sound.

## Social-Emotional Growth

- Closely watches parents' face when they play with them.
- By second month can mimic parents' face (e.g. smiling and sticking out tongue).
- Cries when hears another baby crying.
- Will quiet when hears parents' voices by two months. Knows familiar voices.
- Cries during first month to show when hungry, wet, or uncomfortable.

## Tips to Help Your Child Grow

1. Hold, cuddle, rock, talk, sing, hug, and kiss your baby often to make them feel safe. Skin-to-skin contact helps you bond with your baby. Tell your baby stories about your life and what you hope to teach them some day.
2. Try to console and comfort your baby even though your baby might not always calm down.
3. If you can't spend a lot of time with your baby, play, talk, and sing during his alert stages (dressing, bathing, feeding, walking, driving) because it is more fun for you both.
4. Create routines and habits when you wash, feed, and put your baby to bed. Your baby will learn to rely on you and sleep better at night.
5. Use toys that are right for your baby's age.
6. Talk with your baby's doctor if you have any questions about how your baby is growing. Don't be afraid to talk about how you are doing as a dad.
7. **No "screen time,"** except for "chatting" or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.



## Physical Growth

- More control of movement in neck, arms, legs, and chest.
- Soft spot on top of head still open. (Careful!)
- Drooling begins.
- Holds head straight up more often.
- Sits up straight if propped up.
- Raises head and chest up. Bears weight on forearms.
- Briefly supports some weight on legs if held up.
- Inspects and plays with own hands.
- Grasps and holds a rattle. (You may have to put it in the hand, but they can hold it!)
- Brings objects to mouth. (Careful!)
- Clutches at blankets or clothes.

## Speech and Problem-Solving Growth

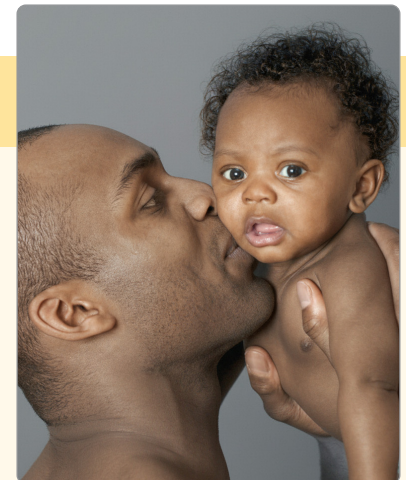
- Locates sound by turning head and looking in same direction.
- Starts hand-eye coordination.
- Starts to cry less often. Cause of crying is easier to figure out.
- “Talks” a great deal when spoken to.
- Laughs, squeals, babbles, chuckles, and coos to show pleasure.

## Social-Emotional Growth

- Social smile begins to appear. Enjoy!
- Shows lots of interest in surroundings.
- Knows familiar faces and objects and shows pleasure.
- Seeks attention by making sounds, moving, and fussing. Stops crying when a familiar face enters the room.
- Begins to show memory of routines.
- Doesn't like too much stimulation or excitement.

## Tips to Help Your Child Grow

1. Hold, cuddle, rock, talk, sing, kiss, and hug your baby often to make them feel safe.
2. Talk and sing to your baby to help with making sounds. Repeat the sounds your baby “says” to you. Give a “play-by-play” of what you are doing together. This will help your baby hear the language(s) you want them to learn.
3. Read and play simple games with your baby.
4. Help your baby to console themselves. Give your baby the same comfort object at bedtime or in new places. Your baby will choose one (blanket, stuffed animal, etc.) at some point. This makes your baby more independent in the long run. These items can't go to bed with them just yet, but will help during the day when awake.
5. Create a bedtime routine. Help your baby to console themselves by putting them to bed awake after you help your baby quiet down.
6. Use toys that are right for your baby's age.
7. **No “screen time,”** except for “chatting” or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a “media device” with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.



## Physical Growth

- Birth weight has doubled.
- Growth rate slows.
- May only gain 3 to 5 ounces and grow 1/2 inch each month for the next 6 months.
- Brain tissue growing fast, but still fragile. Don't shake or play rough with your child.
- Gets lower center teeth.
- Able to sit for a longer time when back is well supported.
- Bears most of weight when held (briefly) standing by parent.
- Rolls from stomach to back. (Careful!)
- Puts feet to mouth.
- Sits in a high chair with back straight.
- Grasps objects on own.
- Takes objects straight to mouth.
- Holds bottle with both hands (briefly).

## Speech and Problem-Solving Growth

- Looks for a dropped object. May start a game.
- Looks for a long time at an object.
- Turns head to side and then look up or down.
- Squeals and coos in delight or excitement.

## Social-Emotional Growth

- Smiles at self in mirror.
- Pats bottle or breast with both hands.
- Starts more play.
- Holds up both arms to be picked up.
- Makes "upset" sounds when a familiar object or person is taken away /leaves.
- Mimics what hears (cough, tongue noises, etc.).
- Changes emotions often.
- Starts to respond when you talk to them. Learns to have talks/conversations.

## Tips to Help Your Child Grow

1. Help your baby to talk by copying sounds she/he enjoys making.
2. Read to your baby and play music (of all kinds). You don't need to use children's books or music at this age.
3. Play social games (patty cake, peek-a-boo, hide and seek with people/objects).
4. Use toys that are right for your baby's age.
5. Set limits on behavior (throwing) at this age using distraction, control of surroundings (e.g. lights not too bright and no loud noises), structure, and routine. Too early to use discipline.
6. Keep up bathing, feeding, and bedtime routines and other habits to keep your baby from getting tired and waking up at night.
7. Help your baby learn to console themselves by putting your child to bed awake.
8. **No "screen time,"** except for "chatting" or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.



## Physical Growth

- Gets upper center teeth.
- Shows a pattern in peeing and pooping.
- Sits leaning forward on both hands.
- Bears full weight on feet when standing and bounces.
- Moves objects from one hand to the other.
- Bangs objects together.
- Rakes with fingers at small objects.
- Begins to grasp small objects with fingers. (Careful! Can choke on small objects put in mouth.)
- Lets go of object at will (or not).
- Reaches for toys out of reach.

## Speech and Problem-Solving Growth

- Responds to own name.
- Turns head toward sounds with a smile or frown. Looks at the people or things that make sounds.
- Starts to like or dislike foods with certain tastes.
- Makes vowel sounds and what sounds like words (baba, dada, kiki) but does not know what they mean.

## Social-Emotional Growth

- Starts to prefer known/familiar adults who are not their parents. Fear of other adults (stranger danger) comes later.
- Mimics simple acts and noises.
- Coughs or snorts to draw attention to self.
- Keeps lips closed to show dislike of some foods.
- Might bite to show excitement or aggression.
- Looks briefly for toys that go out of sight.
- Starts response to word "no."

## Tips to Help Your Child Grow

1. Help your baby to talk by talking to them and using their new sounds. Teach them new sounds and words, like "dada" and "mama."
2. Increase your baby's social circle and involve your baby in your social things. Don't let too many strangers handle your child.
3. Read and sing to your baby and play music (of all kinds).
4. Play games (patty cake, peek-a-boo, tickle bee, etc).
5. Use toys that are right for your baby's age.
6. Keep small objects out of reach because your baby can choke on them.
7. To set limits for your baby, use distraction, stimulus control, structure, and routine.
8. Limit the number of rules and always enforce them.
9. Maintain the bedtime routine. Help your baby learn to console themselves by putting them to bed awake.
10. **No "screen time,"** except for "chatting" or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.



## Physical Growth

- More teeth come in and might cause pain.
- Raises head while lying down or when sitting.
- Starts to crawl. Might crawl backward at first. Will pull self forward. (Careful!)
- Pushes up from lying to sitting on own.
- Sits on floor for longer amounts of time.
- Pulls up and stands holding onto furniture.
- Uses thumb and index finger to grasp small objects.
- Might start to show whether left or right-handed.

## Speech and Problem-Solving Growth

- Better able to judge distance (as between objects and people) but not height (as in how tall something is or how far from a chair to the ground).
- Turns head toward sound.
- Responds to simple commands.
- Says “dada” and “mama” and starts to know what those words mean.
- Mimics real speech.
- Speaks gibberish. Sounds like a sentence but isn’t yet.
- May fear going to bed or being left alone.

## Social-Emotional Growth

- Parents important for play and comfort.
- Wants to please parents a lot.
- Puts arm in front of face to avoid being washed.
- Mimics looks on people’s faces (frowns, smiles, etc.).
- Likes attention. Repeats actions or pulls at clothes for attention.
- Cries when scolded or scared.
- Starts to show independence in dressing, feeding, and testing parents.

## Tips to Help Your Child Grow

1. Your baby is in motion so baby proof your home to keep your baby from getting hurt. Remember, safety first!
2. Provide an area where your baby can explore and practice new skills. Do “play-by-play” as they crawl over or around pillows or toys on the ground.
3. Talk with your baby and respond to their vocal efforts.
4. Read to and sing to your baby and play music (of all kinds).
5. Play social games (patty cake, peek-a-boo, etc.).
6. Use toys that are right for your baby’s age.
7. To set limits on aggression and discipline, use distraction, stimulus control, structure, and routine.
8. Limit the number of rules and always enforce them.
9. Maintain a bedtime routine.
10. **No “screen time,”** except for “chatting” or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a “media device” with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.



## Physical Growth

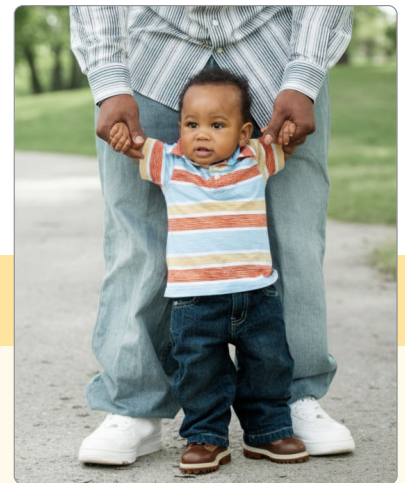
- More teeth come in.
- Birth weight has about tripled and birth height has doubled.
- Soft spot on head is almost closed.
- Crawls well.
- Walks holding onto furniture or your hand.
- Can sit down from standing.
- When sitting, turns to reach backward to pick up an object.
- Holds a crayon.
- Explores objects more closely. (Still uses mouth—careful!)
- Drops objects into a box, bowl, cup, etc.
- Can turn pages in a book often many at a time

## Speech and Problem-Solving Growth

- Can follow objects that move fast.
- Knows meaning of hundreds of words even though may only speak two or three words.
- Knows objects by name.
- Knows simple commands.
- Will point to or bring an object they want you to see.

## Social-Emotional Growth

- Feels joy and self-esteem when masters a task.
- May get frustrated or angry when kept from doing something.
- Shows emotions of all kinds.
- Fears strange places, settings, or people.
- May further develop habits with comfort objects like a blanket.



## Tips to Help Your Child Grow

1. Praise your baby for doing good and learning new skills and knowledge.
2. Help your baby to talk by reading books, singing, and talking about what you do and see.
3. Use books with stiff pages (like cardboard) that your baby can turn by themselves.
4. Help your baby to follow simple commands by playing a game where they point to the right body part when you say “Where is your eye?; Where is your nose?;” etc.
5. Help your baby to **safely** explore and take risks.
6. Allow your baby to play by themselves for a short time while you watch. But never leave your child out of your sight.
7. To set limits, use distraction and gentle restraint. Take objects away and use time out if needed.
8. Limit number of rules and use structure. Head off trouble before it starts to prevent conflict. Focus rules only on safety. Avoid rules on likes and dislikes.
9. Maintain a bedtime routine to help your baby sleep through the night.
10. Your baby probably is not ready to potty train. Feel free to talk with your baby’s doctor about when to start.
11. **No “screen time,”** except for “chatting” or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a “media device” with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc.

## Physical Growth

- Weight gain is about 4 to 6 pounds per year.
- Growth is about 4 to 5 inches per year.
- May have daytime poop/ bowel control.
- Walks without help.
- Very mobile. Starts to climb stairs, at first by creeping and then with two feet on each step.
- Learns to run, at first falling often.
- As they gain more balance, stands without help.
- Stops quickly without falling. Picks up objects and kicks and throws a ball.
- Likes to push and pull toys.
- Seats self in chair.
- Uses a cup.
- Scribbles on own.
- Builds a tower of 6 or 7 blocks.
- Turns doorknob and unscrews lids.

## Speech and Problem-Solving Growth

- Names some shapes.
- Shows intense like for pictures.
- Able to speak about 300 words by the end of second year.
- Knows 1 or 2 direct commands.
- Refers to self by name.
- Often talks all the time.
- Starts “pretend play” when given toys of household objects like dishes or tools.
- Learns names of basic body parts like head and foot.

## Social-Emotional Growth

- Okay being apart from parent sometimes.
- Shows emotions. Hugs and kisses parents and has temper tantrums.
- Opens drawers and doors to find objects.
- Mimics both good and bad behavior very well.
- Starts to know they “own” some things.
- Has some sense of time. Waits when told “wait a minute.”
- Able to undress self before dresses self. Then able to dress self in simple clothes.
- May not play with friends, even if they play with the same toys.



## Tips to Help Your Child Grow

1. Praise your child for doing good and learning new skills and knowledge.
2. Help your child to talk by reading books, singing, and talking about what you do and see. Point out colors, shapes, and letters.
3. Support your child's attempts to care for and express themselves.
4. Help your child to make simple choices as often as you can.
5. Help your child to assert themselves in the right settings.
6. Decide on the best limits for your child and start to discipline. Briefly tell your child why they are being disciplined. Enforce limits and keep discipline short and simple.
7. Focus discipline on the "action" and not the "actor." ("I love you, but I don't like it when you...")
8. Try to give your child a "yes" and a "no" when you discipline. ("You can't play with the vase. You can play with the blocks.")
9. Don't get into a power struggle with your child. Avoid conflict and use your power calmly and swiftly. You can control only how you react to what your child says and does. You can't make your child sleep, for example, but you can insist your child stays in their room.
10. Delay potty training until your child keeps a dry diaper for about two hours, knows when they are wet and dry, can pull pants up, wants to learn, and gives a signal when about to poop.
11. Spend time alone with your child. This is really important if you have other children. Play with, hug, and hold your child. Take walks, paint, and do puzzles together. These times offer more chances to point out colors, sizes, and shapes.
12. Allow your child to explore and take risks in the right settings. Don't limit too much.
13. Promote safe physical activity.
14. Help your child play with other children, but don't expect your child to share yet.
15. Use time out or remove the source of conflict (like a toy) for doing bad things.
16. Figure out how you will deal with your child waking at night and having night fears and nightmares. Calmly console your child and bring them back to their bed. Tell them you are there to keep them safe.
17. **No "screen time,"** except for "chatting" or talking with a parent using a media device, such as through FaceTime on an iPhone. Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. **If your child has reached 18 months of age,** you may choose for them to watch high-quality programs/apps. If you do, watch the programs/apps with your child. Talk with them about what they're watching. Never leave them alone to watch programs/apps.



## Physical Growth

- Gains about 4 to 6 pounds and grows about 3 inches.
- Will sometimes get through the night without having to pee or poop.
- Rides/peddles a tricycle.
- Jumps off bottom stair.
- Stands on one foot.
- Uses one foot and then the other when going up from stair to stair.
- Tries to dance.
- Draws circles and crosses.
- Builds towers and bridges with blocks.

## Speech and Problem-Solving Growth

- Speaks about 900 words.
- Uses complete sentences with three or four words.
- May talk all the time.
- Can dress almost all by self.
- Feeds self.
- Helps with simple one or two-step tasks.
- May have fear of dark or going to bed.
- Talks to dolls, animals, trucks, etc.
- Starts more “complex” pretend play like pretending a stick is a sword or a pillow is a boat.

## Social-Emotional Growth

- Still selfish in thought and behavior, but can start to see things from others’ point of view.
- Often tries to please parents and say and do what they expect
- Is aware of family relationships and sex roles.
- Boys start to see that they are like their father and other men in the family. Girls start to see that they are like their mother and other women in the family.
- Starts to use play to be social with others.
- Better able to share and wait turn.

## Tips to Help Your Child Grow

1. Praise your child for doing good and learning new skills and knowledge. Involve them safely in things you enjoy doing.
2. Ask your child to talk with you about the good and bad things with their preschool, friends, and what they see going on around them. Ask simple questions that don’t require judgment.
3. Read to and with your child. Be patient because they might repeat words a lot and more than you would like!
4. Spend alone time with your child. This is really important if you have other children.
5. Create times for your child to play and hang out with other children.
6. Delay potty training until your child keeps a dry diaper for about two hours, knows when they are wet and dry, can pull pants up, wants to learn, and gives a signal when he /she is about to poop. It’s okay to wait to potty train a three-year old if they aren’t ready. Talk with your child’s doctor if you are worried that your child isn’t ready.
7. Promote safe physical activity.
8. Remind your child of and enforce limits and the right behavior.
9. Give your child chances to make choices.
10. **Limit “screen time”** to high-quality programs/apps to **no more than 1 hour per day**. Always watch the programs/apps with your child. Talk with them about what they’re watching. Never leave them alone to watch programs/apps. Screen time refers to the time your child spends viewing something on a “media device” with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. This time limit **does not include** time spent “chatting” or talking with a parent using a media device, such as through FaceTime on an iPhone.



## Physical Growth

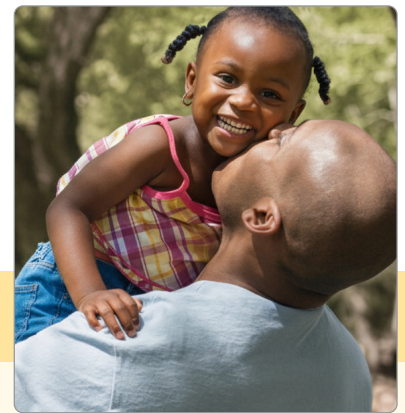
- Gains about 4 to 6 pounds and grows about 3 inches.
- Skips and hops on one foot.
- Catches and throws a ball.
- Uses scissors well.
- Draws squares and stick figures.

## Speech and Problem-Solving Growth

- Speaks about 1500 words.
- Uses complete sentences with three or four words.
- Talks all the time.
- Asks a lot of questions.
- Tells “tall” or “make-believe” stories.
- Knows simple songs.
- Knows meaning of “under,” “on top of,” “beside,” “in back” or “in front of.”
- Can repeat four digits /numbers.
- Often loves to help cook, clean, put laundry away.
- Still has many fears (thunder, dogs, etc.).
- Knows time better (as in when events like bedtime and lunch happen during the day).
- May count but knows little or no math.
- Do’s and don’ts become important.

## Social-Emotional Growth

- Quite independent.
- Still selfish, impatient, and aggressive.
- Boasts, tattles, and tells stories about family.
- Make-believe friends are common.
- Works through conflict with some help.
- Takes anger and frustration out on parents and siblings.
- May have a “best friend.”
- Starts to learn names of complex emotions (beyond happy, mad, and sad).



## Tips to Help Your Child Grow

1. Praise your child for doing good and learning new skills and knowledge.
2. Ask your child to talk with you about the good and bad things with their preschool, friends, and what they see going on around them. Answer questions. Help them explore the feelings they had in those and other good and bad situations.
3. Read to and with your child.
4. Spend alone time with your child. This is very important if you have other children.
5. Create times for your child to play and hang out with other children.
6. Promote safe physical activity.
7. Remind your child of and enforce limits and the right behavior.
8. Give your child chances to make choices, create things, and do nice, giving things for family and others.
9. Help your child to assert themselves without being aggressive.
10. Put your child in new settings/places and keep letting them take safe risks.
11. **Limit “screen time”** to high-quality programs/apps to **no more than 1 hour per day**. Always watch the programs/apps with your child. Talk with them about what they’re watching. Never leave them alone to watch programs/apps. Screen time refers to the time your child spends viewing something on a “media device” with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. This time limit **does not include** time spent “chatting” or talking with a parent using a media device, such as through FaceTime on an iPhone.
12. Teach your child the concept of “safe touch.” Use words like, “There are body parts of yours that other people should not look at or touch, especially the parts covered by your underwear.” Teach your child the proper names for these body parts. Tell them that if anyone looked at or touched these areas, to tell you about it. Tell them they won’t be in trouble if they share that with you.

## Physical Growth

- Grows 2-3 inches but gains as little as 2-4 pounds a year. Children grow and gain weight at very different rates.
- May start to get adult teeth.
- Clearly right or left-handed.
- Skips and hops on one foot and then the other.
- Catches and throws a ball.
- Jumps rope and skates.
- Learns to tie shoes.

## Speech and Problem-Solving Growth

- Speaks about 2500 words.
- Uses complete sentences with many words.
- Learns to name coins, colors, days of week, months.
- Asks meaning of words.
- Asks thoughtful questions.
- Takes basic care of self (dress, brush teeth).
- Writes a few letters, numbers, and words.
- Helps with simple chores.

## Social-Emotional Growth

- More settled and focused when with others.
- More independent and trustworthy.
- Relies on others (parents) to control their world.
- Likes rules and tries to play by them but may cheat to avoid losing.
- Begins to notice the outside world and where/how belongs.
- Enjoys doing things with parent of same sex.

## Tips to Help Your Child Grow

1. Praise your child for cooperation and learning new skills and knowledge.
2. Ask your child to talk with you about their world (school and friends). Prime the pump by telling them a little about yours.
3. Tell your child to show feelings. This is very important with boys.
4. Read to and with your child.
5. Spend alone time with your child doing something you both enjoy. This is really important if you have other children.
6. Put your child in new settings and keep letting them take safe risks. Take on something new for both of you.
7. Create times for your child to play and hang out with other children.
8. Help your child learn to get along with peers. Role model how to get along with others.
9. Promote safe physical activity.
10. Give chores that are right for your child's age. Don't pay them (an allowance) for doing chores.
11. Show how to use a computer.
12. Expect your child to follow rules, such as those for bedtime, TV, computer, and chores.
13. Teach your child the difference between right and wrong, to respect others/people in charge, and how to manage anger. If they lose their temper, help them decide what to do differently the next time.
14. **Limit "screen time"** to high-quality programs/apps to **no more than 1 hour per day**. Always watch the programs/apps with your child. Talk with them about what they're watching. Never leave them alone to watch programs/apps. Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. This time limit **does not include** time spent "chatting" or talking with a parent using a media device, such as through FaceTime on an iPhone.
15. Continue to teach your child the concept of "safe touch." (Started at age 4.) Use words like, "There are body parts of yours that other people should not look at or touch, especially the parts covered by your underwear." Teach your child the proper names for these body parts. Tell them that if anyone looked at or touched these areas, to tell you about it. Tell them they won't be in trouble if they share that with you.



## Physical Growth

- Height and weight gain is slow. Grows about 2 inches and 5 pounds a year.
- Wisdom teeth start to come in.
- Still uses fingers when eating.
- Practices new skills.
- Draws, writes, and colors.
- Uses knife to spread butter or jam.
- Cuts, folds, pastes paper.
- Makes simple figures in clay or Play-doh®.

## Speech and Problem-Solving Growth

- Uses new language, memory, and math skills.
- Counts up to 13 pennies.
- Knows whether it is morning or afternoon.
- Defines common objects such as “fork” and “chair” in terms of use.
- Follows three commands when given at once.
- Says which is pretty and which is ugly when looking at pictures.
- Reads from memory and enjoys oral spelling games.
- Likes table games, checkers, and simple card games.
- Has own way of doing things.
- Tries skills on own.
- Often frustrated.
- Has hard time owning up to doing wrong.
- Sometimes steals money or objects and then lies.
- Takes a bath without being watched. Does bedtime routine alone.

## Social-Emotional Growth

- Shares and cooperates better.
- Has strong need for play with peers.
- Often plays rough.
- Often jealous of younger siblings.
- Does what sees adults do whether good or bad.
- Likes to boast.
- Might cheat to win.
- Influenced by friends.

## Tips to Help Your Child Grow

1. Praise your child for cooperation and learning new skills and knowledge.
2. Ask your child to talk about their world (school and friends). Listen carefully and remember what they say. Answer your child’s questions as honestly as you can.
3. Tell your child to show feelings. Role model by showing yours. This is very important for boys.
4. Read to and with your child. Tell your child to read alone or sit together and read different books at the same time.
5. Spend alone time with your child doing something both of you enjoy. This is really important if you have other children.
6. Expand your child’s world through family trips and outings.
7. Help your child learn how to get along with peers.
8. Help your child learn how to follow group rules.



—continued

## Ages 6 & 7: Tips to Help Your Child Grow—continued

9. Promote daily, safe physical activity.
10. Set limits and clear rules for discipline and punishment for bad behavior. Use consequences that your child can predict. That is, if I do this, that will happen.
11. Help your child to discipline themselves and to control impulses.
12. Expect your child to follow family rules, such as those at bedtime, TV watching, and doing chores. Don't pay your child (an allowance) for chores.
13. Teach your child to respect others/people in charge.
14. Help your child's ability to communicate with you, teachers, and other adults by going to school.
15. Tell your child often the difference between right and wrong.
16. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
17. **Set a limit on the amount of "screen time" your child may have and stick to it.** Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to **choose times to not use media devices**, such as at dinner and when driving. Work with them to **choose parts of your home where they cannot use media devices**, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.
18. Continue to teach your child the concept of "safe touch." (Started at age 4.) Use words like, "There are body parts of yours that other people should not look at or touch, especially the parts covered by your underwear." Teach your child the proper names for these body parts. Tell them that if anyone looked at or touched these areas, to tell you about it. Tell them they won't be in trouble if they share that with you.



## Physical Growth

- Grows about 2 inches and gains about 6 pounds a year.
- Always on the go. Jumps, chases, and skips.
- Greater smoothness and speed in motor control.
- Movement fluid, often graceful and poised.
- Eyes and hands are well coordinated.

## Speech and Problem-Solving Growth

- Can use common tools such as a hammer, blender, egg beater, and toaster as long as parent watches them. Don't allow to use tools alone.
- Helps with household tasks.
- Looks after all of own needs at table.
- Shows some choice in buying things.
- Great reader. Likes magazines with lots of pictures.
- Likes school.
- Likely to overdo things. Hard to quiet down after recess.
- Dresses self on own and often with same type of clothing.
- Says what is alike and different about two things from memory.
- Repeats days of the week and months in order.
- Counts backward from 20.
- Makes change out of a quarter.
- Likes rewards.
- Reads classic books and enjoys comics.
- Knows right from wrong. Starts to understand fairness.
- More aware of time. Gets to school on time.
- Afraid of failing a grade. Ashamed of bad grades, mistakes.

## Social-Emotional Growth

- Easy to get along with at home and better behaved.
- Often shows off.
- Relates more easily to others.
- Interested in boy-girl relationships but will not admit it.
- Likes to compete and play games.
- Harder on self.

## Tips to Help Your Child Grow

1. Role model morals, values, ethics, and behavior.
2. Help with your child's self-esteem by honoring their effort and showing you love them.
3. Show and tell your child how important school is. Go to parent-teacher meetings and other school events. Learn about school projects and help with homework because there is more of it and it's harder.
4. Be fair with what you expect from your child. Challenge your child to set high but fair goals.
5. Promote a sense of responsibility for their actions by discussing how to better handle tough situations.
6. Role model affection and respect for family.
7. Spend alone time with your child. This is very important if you have other children.
8. Promote safe, physical activity.



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## Ages 8 & 9: Tips to Help Your Child Grow—continued

9. Share meals as a family. Ask your child to help prepare meals. This works best as a routine/habit done often, ideally every day.
10. Know your child's friends and their families.
11. Handle anger well in the family.
12. Set aside special time just to talk with your child.
13. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
14. **Set a limit on the amount of "screen time" your child may have and stick to it.** Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to **choose times to not use media devices**, such as at dinner and when driving. Work with them to **choose parts of your home where they cannot use media devices**, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.
15. Continue to teach your child the concept of "safe touch." (Started at age 4.) Use words like, "There are body parts of yours that other people should not look at or touch, especially the parts covered by your underwear." Teach your child the proper names for these body parts. Tell them that if anyone looked at or touched these areas, to tell you about it. Tell them they won't be in trouble if they share that with you.



## Physical Growth

- Slow growth in height but rapid weight gain. May become obese/heavy during this time if not active.
- Posture more similar to an adult's.
- May start puberty. Body lines in girls soften and round out.
- Rest of adult teeth come in.

## Speech and Problem-Solving Growth

- May do work on own around home (chores) and neighborhood.
- Meets own needs or those of other children left briefly in their care.
- Cooks, sews, repairs things, cares for pets, and does other "adult" tasks when learns them.
- Washes and dries own hair but may need reminding.
- Starts to do more homework without help from parents.
- Uses phone and computer more often.
- Reads more for pleasure and to learn (magazines, books, websites).
- Knows more than just what is right and wrong. Can explain the morals and values that make something right or wrong.

## Social-Emotional Growth

- Likes family. Family has more meaning.
- Likes mother and wants to please her.
- More comfort with showing affection (hugs) to non-family.
- Adores and looks up to father. (Enjoy it while it lasts!)
- Likes friends and talks about them all the time.
- More "choosy" with friends.
- Starts to like the other sex.
- Is more polite to others, shrewd, and clever.
- Writes short letters and e-mails to friends and family.

## Tips to Help Your Child Grow

1. Be ready for a lot of new behavior ahead of the teen years. Friends become more important. Your child might talk back to you more often and test you in other ways. They will try to be more independent such as refuse to take part in family events. They may be more moody and take new, unsafe risks.
2. Talk with your child about body changes in puberty. Reinforce safe touch and their right to control what happens to their body. Help your child create healthy boundaries with children of the other sex. Your child may seem too young for this talk. But this is the time to have it.
3. Role model morals, values, ethics, and behavior. Your child watches you more closely than ever.
4. Help your child's self-esteem by praising them and showing you love them.
5. Show and tell your child how important school is. Go to parent-teacher meetings and other school events. Learn about school projects and help with homework because there is more of it and it's harder.
6. Be fair with what you expect from your child. Challenge your child to set high but fair goals.
7. Promote a sense of responsibility for own actions at and away from home.
8. Promote safe, physical activity.
9. Share meals as a family.



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## Ages 10 & 11: Tips to Help Your Child Grow—continued

10. Know your child's friends and their families.
11. Set aside time just to talk with your child.
12. Discuss and show the value and meaning of money in family and culture. Discuss an allowance, chores, savings, gift giving, charity, etc.
13. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
14. **Set a limit on the amount of "screen time" your child may have and stick to it.** Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to **choose times to not use media devices**, such as at dinner and when driving. Work with them to **choose parts of your home where they cannot use media devices**, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.



## Physical Growth

- Lots of growth in weight and height. Gain in height is rapid for first two years and then slows down.
- Likely to get acne.
- Girls are ahead of boys in growth by about two years.
- Puberty starts early for some and later for others. It might not start until 15 or 16.
- Boys have “wet dreams.”
- Better coordinated, but boys may appear awkward at times. (Look like they need to “grow into their body.”)
- Struggles to master new physical skills.

## Speech and Problem-Solving Growth

- Starts to think about culture, politics, religion, death, and other life issues.
- Tries out different roles, and explores “who they are.”
- Becomes more private with being naked (girls in front of dad and boys in front of mom).
- Better able to do homework without help from parents. May rely more on peers for help with homework.
- Peers’ views of how they look affects their view of themselves (body image).
- Likes watching TV, listening to music, talking on the phone/ Internet, sports, and group activities.
- Anxious about how they look and changing body. May be very concerned about being small.
- Anxious about place in the world.

## Social-Emotional Growth

- Compares being normal with peers of same sex.
- Creates close friendships with members of same sex.
- Uses humor to criticize family and friends.
- Struggles with being part of a group (dress and ways of talking) while being themselves.
- Can still be very selfish.
- Boys often discuss sports, sports figures, and video games with each other.
- Girls often discuss boys, clothes, and makeup with each other.



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## Ages 12-14: Tips to Help Your Child Grow—continued

1. Be ready for teen behavior. Friends become more important. Your child might talk back to you more often and test you in other ways. They will try to be more independent such as refuse to take part in family events. They may be more moody and take new, unsafe risks.
2. Decide with your child when they can do things on their own, including staying at home alone.
3. Be fair with what you expect from your child. Give your child more independence and responsibility, as much as they can handle and earn.
4. Set clear limits and discipline and punishment for breaking rules. Use humor to get your point across.
5. Show and tell your child how important school is. Go to parent-teacher meetings and school events. Help with homework because there is more of it and it's harder. Suggest that peers help with homework (study groups).
6. Help your child's self-esteem by praising them often and showing you love them. Don't criticize a lot, nag, or make fun of your child.
7. Set aside time just to talk and do other things with your child, even if they don't ask for it.
8. Respect your child's need for privacy—both physical and emotional.
9. Tell your child what you expect with regard to drug and alcohol use and dating now and in the future.
10. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
11. Closely watch TV viewing habits. Your child might start to like adult programs, so be careful. A lot of "teen" shows have adult themes.
12. **Set a limit on the amount of "screen time" your child may have and stick to it.** Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to **choose times to not use media devices**, such as at dinner and when driving. Work with them to **choose parts of your home where they cannot use media devices**, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.



## Physical Growth

- Girls stop growing. Boys keep growing and start to “fill out.”
- May think about or masturbate often.

## Speech and Problem-Solving Growth

- More abstract (not concrete) thinking.
- Uses logic and debates an issue.
- Starts to know that others’ thoughts don’t always have to do with them.
- Private with being naked. Doesn’t like parents or siblings to see naked.
- Worries about school work.
- Does almost all homework without help from parents. Relies more on peers for help with homework.
- Likes using “smarts” and outwitting others.
- May fall in love and learn about “being in love.”
- Explores “sex appeal.” May wear “revealing” clothes.
- May want a car for freedom.
- Has or wants a job to earn money.
- May try alcohol or drugs.
- Wants to learn and discover things on own. Wants more freedom.
- Tries to see how they look (body image) through their own eyes more than through peers’ views.
- Often sees and may talk about own flaws and how they fail at things. Has a hard time asking for help. Often detaches from emotions and feelings.
- Tends to withdraw when upset or hurt.

## Social-Emotional Growth

- Can still be very selfish. More “arrogant” or “full of” themselves.
- Relationship with parents may be at a low point.
- Greater push for freedom can cause conflict in relationships.
- Being liked by peers is very important. Big fear of rejection/not being liked.

## Tips to Help Your Child Grow

1. Be ready for teen behavior. Friends are very important. Your child will talk back to you more often and test you in other ways. They will try to be more independent such as refuse to take part in family events. They may be more moody and take new, unsafe risks.
2. Decide with your child when they can do things on their own, including staying at home alone.
3. Be fair with what you expect from your child. Give your child more independence and responsibility, as much as they can handle and earn.
4. Set clear limits and discipline and punishment for breaking rules. Use humor to get your point across.
5. Show and tell your child how important school is. Go to school events. Help with homework because there is more of it and it is harder. Suggest that peers help with homework (study groups).
6. Help your child’s self-esteem by praising them often and showing you love them. Don’t criticize a lot, nag, or make fun of your child.
7. Set aside time to spend with your child even if they don’t ask for it.



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## Ages 15-17: Tips to Help Your Child Grow—continued

8. Respect your child's need for privacy—both physical and emotional.
9. Tell your child what you expect with regard to drug and alcohol use and dating now and in the future.
10. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.
11. **Set a limit on the amount of "screen time" your child may have and stick to it.** Screen time refers to the time your child spends viewing something on a "media device" with a screen: TV, computer (desktop or laptop), tablet, mobile device used to play games, etc. Make sure media devices do not harm sleep, physical activity, and other actions vital to your child's health. Work with your child to **choose times to not use media devices**, such as at dinner and when driving. Work with them to **choose parts of your home where they cannot use media devices**, such as in bedrooms. Talk with them about being a good "online citizen" who treats others with respect online. Talk with them about keeping themselves safe while online.



## Physical Growth

- Boys stop growing with growth in height stopping at 18 to 20 years.
- Feels better about physical growth.

## Speech and Problem-Solving Growth

- Better able to follow morals and values when faces challenge.
- Able to view complex problems with an open mind and less personally.
- Links goals to action.
- Life goals and tasks take shape.
- Pursues a career and decides how will live life.
- Emotions more stable and easy to predict.
- Better at hiding anger and frustration.
- Who they are takes form.
- More self-esteem.
- Sees body image more through own eyes than based on peers' views.

## Social-Emotional Growth

- Begins to think more about a long-term relationship with a member of the other sex.
- Has fewer conflicts with family.
- Greater freedom from family.
- Takes or leaves advice.
- Forms stable relationships and stronger, deeper ties to others.
- Peer groups less important.
- Less selfish in relationships.

## Tips to Help Your Child Grow

1. This time can be very hard on you and your child as they move away from home. Be ready for your child to take more risks now that they are out of the house and be there for your child if needed.
2. Tell your child to make own decisions as often as they can.
3. Talk often about plans for the future, such as living away from home, college, career, family, and money.
4. If your child still lives at home, create family rules that you and they agree to follow. Your relationship becomes more adult to adult than adult to child.
5. Help your child's self-esteem by praising them often and showing you love them. Don't criticize a lot, nag, or make fun of your child.
6. Set aside time to spend with your child even if they don't ask for it or live with you. If your child lives in another town or city, set aside time to talk over the phone or through e-mail/online.
7. Even though your child might be in college, keep stressing how important school is to success in life.
8. Respect your child's need for privacy—both physical and emotional.
9. Teach your child how to manage anger and resolve conflicts without physical or emotional violence.

