

Developmental

STAGES



**"Free the child's potential, and you
will transform him into the world."**

- Maria Montessori

Child Development

Children's healthy development when they are young is the most vital time of development in their lives. Children grow, learn, acquire new skills, and much more in such a short time that it is important that we foster that development and give them the best opportunities to thrive. Children have development in many areas such as cognitive, physical, emotional, moral, language, and social. They also have different stages of development where they accomplish different lifetime milestones, which set the stage for the rest of their development.



Areas of Development

Here are some of the areas of development that children go through:

- **Cognitive:** In this area, children are learning to critically think and problem solve through complex situations, form their own ideas, and reason.
- **Physical:** Physical development relates directly to children's growth and physical maturity, along with their physical abilities and coordination. In the physical area, children specifically begin development in fine motor skills (pinching, writing, grasping, etc.) and large motor skills (walking, running, throwing a ball, etc.).
- **Emotional and Social:** With emotional development, children learn to understand and regulate their own emotions. Social development involves gaining an understanding of how to effectively communicate with others in a positive manner.
- **Moral:** Children begin to gain an understanding of right and wrong and change their behavior according to their understanding of that.
- **Language:** Children begin to understand language to form words and sentences. Language development is also associated with the ability to read, write, and communicate.

Developmental Stages

There are many theories about developmental stages, a popular one being Erik Erikson's Psychosocial Stages. This theory involves a variety of psychological stages that people go through according to their development in life; you may have seen your children go through some of these stages and experiences so far. The stages that cover

birth to about five or six are trust vs. mistrust, autonomy vs. doubt, and initiative vs. guilt. Here is a description of each of these stages:

- **Trust vs. Mistrust** covers ages 0 to 1. Children at this stage are dependent on all of their needs and either learns trust from consistent care from caregiver or mistrust if their needs are not consistently met.
- **Autonomy (Independence) vs. Doubt (Shame)** covers ages 1 to 2. Children are learning to be independent, and if supported positively, they become autonomous, and if not children begin to doubt and feel shame for their actions.
- **Initiative vs. Guilt** covers ages 2 to 6. At this stage, children will either learn through their newfound independence to discover and take initiative in situations or they will feel guilt and shy away from doing things on their own.



Developmental Milestones

As children grow and learn, they reach and accomplish developmental milestones, which are tasks that children go through or skills they obtain according to their age or developmental stage. Development varies from child to child, and it is normal and okay for a child to be a little ahead or a little behind. These milestones are simply the norm for most children. This table presents some milestones for children from birth to five years of age.

	Motor Skills	Sensory and Cognitive Skills	Language and Social Skills
3 Months	<ul style="list-style-type: none">• Lift head and chest when lying on stomach• Follow a moving object or person with eyes• Grasps rattle	<ul style="list-style-type: none">• Turns head towards bright colors and lights• Turns towards sound of human voice, rattle, or bell• Recognizes bottle or breast	<ul style="list-style-type: none">• Makes cooing, gurgling, sounds• Communicates hunger, fear, discomfort• Anticipates being held• Reacts to “Peek-A-Boo” games

6 Months	<ul style="list-style-type: none"> • Reaches for and grasps objects • Explores by mouthing and banging objects • Rolls over 	<ul style="list-style-type: none"> • Opens mouth for a spoon • Imitates familiar actions you perform 	<ul style="list-style-type: none"> • Laughs and squeals with delight • Smiles at self in mirror • Babbles and makes sing-song sounds
12 Months	<ul style="list-style-type: none"> • Sits independently and holds head still • Grasps small objects with thumb and index finger • Walks with support 	<ul style="list-style-type: none"> • Copies sounds and actions • Responds to music with body motion • Looks for objects that fall out of sight 	<ul style="list-style-type: none"> • Says first word • Shows affections to familiar adults • Shows mild to severe anxiety at separation from a parent • Understands simple commands
18 Months	<ul style="list-style-type: none"> • Pulls off hats, socks, and mittens • Stacks up to 2 blocks • Scribbles with crayons • Walks without help 	<ul style="list-style-type: none"> • Identifies objects in a picture book • Puts a round lid on a round pot • Solves problems with trial and error 	<ul style="list-style-type: none"> • Asks for something by pointing or using one word • Competes with other children for toys • Says 8-10 words
2 Years	<ul style="list-style-type: none"> • Feeds self with spoon • Bends over to pick up objects without falling • Takes steps backward • Builds towers of 3-4 blocks 	<ul style="list-style-type: none"> • Likes to take things apart • Explores surroundings • Points to 5-6 parts of a doll when asked 	<ul style="list-style-type: none"> • Has a vocabulary of several hundred words • Hums or tries to sing • Enjoys looking at one book repeatedly • Points to body parts when asked
3 Years	<ul style="list-style-type: none"> • Throws a ball overhead • Dresses self with help • Uses toilet with some help • Walks in a straight line 	<ul style="list-style-type: none"> • Remembers what happened yesterday • Knows some numbers • Matches shapes 	<ul style="list-style-type: none"> • Uses 3-5 word sentences • Imitates housework or helps with simple tasks • Recognizes gender • Knows first and last name
4 Years	<ul style="list-style-type: none"> • Holds a pencil • Brushes teeth with help • Uses toilet alone • Catches a bouncing ball • Builds a tower of 7-9 blocks 	<ul style="list-style-type: none"> • Recognizes red, yellow, blue • Wants to know what will happen next • Sorts by shape or color • Follows 3 instructions given at one time 	<ul style="list-style-type: none"> • Asks direct questions • Wants explanations of why and how • Pretends to play with imaginary objects • Helps to clean up toys

5 Years	<ul style="list-style-type: none"> • Hand preference is established • Walks on a balance beam • Colors within the lines 	<ul style="list-style-type: none"> • Seeks knowledge • Uses complex language • Understands and names opposites 	<ul style="list-style-type: none"> • Distinguishes right from wrong • Begins to build important relationships • Plays complex make-believe activities with roles
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Activities Promoting Development

When looking at the chart above and the developmental milestones that are listed, you should be able to do activities that directly support certain milestones. For example, when a three-year old begins to role play housework, provide them with materials like pots and pans or brooms.

Resources

These resources are available to parents concerning children's development and children with disabilities.

Utah Resources

- Up to 3 Early Intervention Program: helping children learn developmental skills by providing parents with strategies to use in their everyday routines. For a FREE evaluation for your child call Toll Free 1-866-MY-KIDDO (1-866-695-4336) or (435) 797-3727.
- Center for Persons with Disabilities: Provides services for adults and children with disabilities. www.cpdusu.org
- Cache County residents (435) 797-1981 or toll free 1-866-284-2821.
- Utah Assistive Technology Program (UATP): Provides individuals with disabilities of all ages assistive services and modified equipment to meet their specific needs. www.uatf.org or contact their lab (435) 797-0699.
- Child and Family Support Center: Parenting and child classes, support groups, child abuse/neglect prevention, counseling, and crisis nursery. Most services available to Idaho families. (435) 152-8880.

Idaho Resources

- Idaho Infant/Toddler Program: Offers home-based services to children ages birth-3 years with developmental disabilities or delays. For early intervention providers in your area dial 2-1-1.
- Parents Unlimited: Provides training, education and support to parents and families with children with disabilities. Toll Free 1-800-242-IPUL (4785).

- Seasons of Hope: Full services for mental health, developmental disabilities, rehabilitation, and psychological testing. Services are available in several Idaho areas. For Preston (208)852-9999.

Information adapted from: www.dshs.wa.gov, www.pccua.edu, www.med.umich.edu

