

Infants & Toddlers

Physical	Cognitive	Social	Emotional
Newborn: rough, random, uncoordinated, reflexive movement	Sensori-motor: physically explores environment to learn about it; repeats movements to master them, which also stimulates brain cell development	Attachment: baby settles when parent comforts; toddler seeks comfort from parent, safe-base exploration	Birth - 1 year: learns fundamental trust in self, caretakers, environment
3 months: head angle at 90 degree angle, uses arms to prop; visually track through midline	4-5 months: coos, curious and interested in environment	5 months: responsive to social stimuli; facial expressions of emotion	1-3 years: mastery of body and rudimentary mastery of environment (can get others to take care of him)
5 months: purposeful grasp; roll over; head lag disappears; reaches for objects; transfer objects from hand to hand; plays with feet; exercises body by stretching, moving; touch genitals, rock on stomach for pleasure	6 months: babbles and imitates sounds	9 months: socially interactive; plays games (such as patty cake) with caretakers	12-18 "terrible twos" may begin; willful, stubborn, tantrums
7 months: sits in "tripod"; push head and torso up off the floor; support weight on legs; "raking" with hands	9 months: discriminates between parents and others; trial and error problem solving	11 months: stranger anxiety; separation anxiety; solitary play	18-36 months: feel pride when they are "good" and embarrassment when they are "bad"
9 months: gets to and from sitting; crawls, pulls to standing; stooping and recovering; finger-thumb opposition; eye-hand coordination, but no hand preference	12 months: beginning of symbolic thinking; points to pictures in books in response to verbal cue; object permanence; some may use single words; receptive language more advanced than expressive language	2 years: imitation, parallel and symbolic play	18-36 months: can recognize distress in others - beginning of empathy
12 months: walking	15 months: learns through imitating complex behaviors; knows objects are used for specific purposes		18-36 months: are emotionally attached to toys or objects for security
15 months: more complex motor skills	2 years: 2-word phrases; uses more complex toys and understands sequence of putting toys, puzzles together		
2 years: learns to climb up stairs first, then down			

Preschool

Physical	Cognitive	Social	Emotional
Physically active	Ego-centric, illogical, magical thinking	Play is cooperative, imaginative, may involve fantasy and imaginary friends, takes turns in games	Self-esteem based on what others tell him or her
Rule of Three: 3 years, 3 feet, 33 pounds	Explosion of vocabulary; learning syntax, grammar; understood by 75% of people by age 3	Play helps to develop gross and fine motor skills; social skills; experiment with social roles; reduces fears	Increasing ability to control emotions; less emotional outbursts
Weight gain: 4-5 pounds per year	Poor understanding of time, value, sequence of events	Wants to please adults	increased frustration tolerance
Growth: 3-4 inches per year	Vivid imaginations; some difficulty separating fantasy from reality	Development of conscience: incorporates parental prohibitions; feels guilty when disobedient; simplistic idea of "good and bad" behavior	Better delay of gratification
Physically active, can't sit still for long	Accurate memory, but more suggestible than older children	Curious about his and other's bodies, may masturbate	Redimentary sense of self
Clumsy throwing balls	Primitive drawing, can't represent themselves in drawing until age 4	No sense of privacy	Understands concepts of right and wrong
Refines complex skills: hopping, jumping, climbing, running, ride "big wheels" and tricycles	Don't realize others have different perspective	Primitive, stereotypic understanding of gender roles	Self-esteem reflects opinions of significant others
Improving fine motor skills and eye-hand coordination; cut with scissors, draw shapes	Leave out important facts		Curious
3-3.5 years: most toilet trained	May misinterpret visual cues of emotions		Self-directed in many activities
	Receptive language better than expressive until age 4		

School Aged

Physical	Cognitive	Social	Emotional
<p>Slow, steady growth: 3-4 inches per year</p> <p>Use physical activities to develop gross and fine motor skills</p> <p>Motor and perceptual motor skills better integrated</p> <p>10-12 years: puberty begins for some children</p>	<p>Use language as a communication tool</p> <p>Perspective taking: 5-8 years: can recognize others' perspectives, can't assume the role of the other</p> <p>8-10 years: recognize difference between behavior and intent;</p> <p>10-11 years: can accurately recognize and consider others' viewpoints</p> <p>Concrete operations: Accurate perception of events; rational, logical thought; concrete thinking; reflect upon self and attributes; understands concepts of space, time, dimension</p> <p>Can remember events from months, or years earlier</p> <p>More effective coping skills</p> <p>Understands how his behavior effects others</p>	<p>Friendships are situation specific.</p> <p>Understands concepts of right and wrong.</p> <p>Rules relied upon to guide behavior and play, and provide child with structure and security</p> <p>5-6 years: believe rules can be changed</p> <p>7-8 years: strict adherence to rules</p> <p>9-10: rules can be negotiated</p> <p>Begin understanding social roles; regards them as inflexible; can adapt behavior to fit different situations; practices social roles</p> <p>Takes on more responsibilities at home</p> <p>Less fantasy play, more team sports, board games</p> <p>Morality: avoid punishment, self interested exchanges</p>	<p>Self-esteem based on ability to perform and produce</p> <p>Alternative strategies for dealing with frustration and expressing emotions</p> <p>Sensitive to other's opinions about themselves</p> <p>6-9 years: have questions about pregnancy, intercourse, sexual swearing, look for nude pictures in books, magazines</p> <p>10-12 years: games with peeing, sexual activity (such as strip poker, truth or dare, boy-girl relationships, flirting, some kissing, stroking/rubbing, re-enacting intercourse with clothes on)</p>