

## Developmental Stages

**The following is a list of the stages of development through which children progress as they grow. Beneath each age range is a list of abilities that a typical child, of that age, will accomplish. It is also normal for some children to accomplish these tasks at earlier or later stages in their lives. As you read through each list, try to remember yourself at that age. The list represents both the level of development you may have accomplished at a given age, and those developmental tasks that may have been impacted by the abuse.**

### Infant 0-24 mo.:

0-6 mo.

- vision not well developed
- hearing acute
- learn to reach, grab, hold objects
- may begin crawling
- can stand without support
- if basic physical needs are cared for, ability to trust begins to develop

6-12 mo.

- can walk holding a hand
- learns to crawl
- by 12mo., can walk unassisted
- development of specific wants, i.e. pursues a favorite toy
- if child experiences loving touch, ability to love begins to develop
- children begin to explore their own bodies

12-18 mo.

- discovery and exploration of environment
- walking
- identity as a male or female begins to develop

18-24 mo.

- development of the ability to anticipate and solve simple problems
- learns by imitation of modeling
- learns to be more self-sufficient
- if parents support child's budding independence, confidence develops

### Early Childhood 2-6 yrs.:

- by age 5, the typical child weighs 40 pounds and is 3 feet 7 inches tall
- fine motor skills develop (coloring, writing, drawing)
- by 5 years, most children can ride a tricycle, climb a ladder, pump a swing, run well, kick a ball, etc.

- the ability to represent thoughts through words or images begins to develop
- child believes that other people and objects think and act like her/him
- become curious about the human body
- become curious about sexual parts of the body
- language skills and ability to communicate are improving
- learn to pretend and engage in fantasy play
- engage in play with others as opposed to the individual play of previous stages
- need for warm and loving parents who set good limits and establish clear, consistent rules with consequences

#### Childhood 7-11 yrs.:

- by age 10, the typical child weighs 70 pounds and is 4 feet 6 inches tall
- motor skills developed
- memory skills, and the ability to reason and learn, are increasing
- good, or poor, self-esteem continues to develop as children master or fail new tasks
- ability to recognize individual differences and take on others' points of view develops

#### Adolescence 10-16 yrs.:

- development of personal identity is the primary task of this stage
- puberty begins (physical changes take place, onset of sexual desire)
- ability to think abstractly develops
- the process of questioning traditional customs, laws, and values begins
- the opinions and thoughts of peers, as well as peer relations, are extremely important to the adolescent