

STAGES IN CHILD DEVELOPMENT TABLE

Age	Emotional Stage	Developmental Tasks- Physical, Cognitive and Language	Parents Role at this Stage
0-18 months	Sense of trust in others This grows out of consistent, reliable physical care from one nurturing caregiver.	<ul style="list-style-type: none"> - Discriminates among stages of discomfort, hungry, wet, tired - Picks up objects - Sits, crawls, stands walks - Vocalizations - Imitates speech, understands commands 	<ul style="list-style-type: none"> - Meet child's needs "on demand" - Encourage child's use of all senses - Be consistently available and responsive
18 months - 3 years	Sense of autonomy; trust in self This grows out of child's opportunity to make age-appropriate choices, and be separate from caregiver for brief periods with confidence.	<ul style="list-style-type: none"> - Jumps, runs, climbs - Learns to dress self with help - Toilet training - Solitary or parallel playing - Vocabulary growing significantly - Asks and answers questions 	<ul style="list-style-type: none"> - Gently encourage development of new skills - Provide a safe environment, supervision, and limits - Provide opportunities for age appropriate control and choices - Establish stable routines
3 - 6 years	Sense of initiative; right and wrong By risk taking, observing, imitating, and fantasizing, a sense of personal initiative develops. By experimenting with behaviors, child develops a growing sense of right and wrong.	<ul style="list-style-type: none"> - Proficiency in self care - Magical thinking - Begins cooperative play - Physically aggressive - Increased motor skills - Increasing vocabulary - 2,000 words by age 5 	<ul style="list-style-type: none"> - Provide opportunities for individual and group play - Help to distinguish between imaginary and real - Answer questions about gender/sexuality without judgement - Provide reassurance for fears



Pathways to Permanence 2

Parenting Children Who Have Experienced Trauma AND LOSS

Session 3

Childhood Development

Parent's Toolbox




Age	Emotional Stage	Developmental Tasks- Physical, Cognitive and Language	Parents Role at this Stage
<p>6 - 10 years</p>	<p>Sense of industry; conscience development Through relationships, child learns a sense of accomplishment and the ability to problem-solve.</p>	<ul style="list-style-type: none"> - Substantial increase in motor skills - Learns to learn: read, write, basic math, etc. - Screens out distractions - Friendships with peers - Issues of fairness 	<ul style="list-style-type: none"> - Provide secure home base for child facing new challenges - Provide opportunities for peer relationships - Allow exploration of a variety of activities and interests - Provide opportunities to correct mistakes and express emotions
<p>10 - 18 years</p>	<p>Sense of identity; finding own place in the world By building on all prior developmental stages, the child learns to see their abilities realistically and to develop their talents and interests in preparation for adult life.</p>	<ul style="list-style-type: none"> - Sexual development - Physical growth - Emotional changes - Increased skills - Identity with peers - Emancipation process 	<ul style="list-style-type: none"> - Provide stable family environment - Create situations for teens to take control and responsibility for their actions - Choose your battles - Model responsible adult behavior - Be sensitive to emerging sexuality - Facilitate skill development in all areas: educational, vocational, social, psychological <p>Help teen expand their thinking beyond either/ or when problem-solving</p>

Adapted from Vera Fahlberg, *A Child's Journey Through Placement*

EFFECTS OF TRAUMA ON CHILD DEVELOPMENT TABLE

Age	Emotional Stage	Developmental Tasks- Physical, Cognitive and Language	Effects - What You Might See
0-18 months	Sense of trust in others This grows out of consistent, reliable physical care from one nurturing caregiver.	<ul style="list-style-type: none"> - Discriminates among stages of discomfort; hungry, wet, tired - Picks up objects - Sits, crawls, stands walks - Vocalizations - Imitates speech, understands commands 	<ul style="list-style-type: none"> - Difficult to soothe; or apathetic - Low weight; at extreme, failure to thrive - No interest in play or objects - Delays in sitting, crawling, motor skills - Few vocalizations - No stranger anxiety
18 months - 3 years	Sense of autonomy; trust in self This grows out of child's opportunity to make age-appropriate choices, and be separate from caregiver for brief periods with confidence.	<ul style="list-style-type: none"> - Jumps, runs, climbs - Learns to dress self with help - Toilet training - Solitary or parallel playing - Vocabulary growing significantly - Asks and answers questions 	<ul style="list-style-type: none"> - Delays in motor and self-help skills - Resistance to or delays in toilet training sensory/control issues - Extremes in separation anxiety - too much or too little - Easily frustrated or upset - Delays in speech and language development
3 - 6 years	Sense of initiative; right and wrong By risk taking, observing, imitating, and fantasizing, a sense of personal initiative develops. By experimenting with behaviors, child develops a growing sense of right and wrong.	<ul style="list-style-type: none"> - Proficiency in self care - Magical thinking - Begins cooperative play - Physically aggressive - Increased motor skills - Increasing vocabulary - 2,000 words by age 5 	<ul style="list-style-type: none"> - Delays in motor and self-help skills - Belief that their thoughts/behaviors cause adult/family problems - Regressed behaviors such as rocking, baby talk, wanting a bottle - Delays in speech, counting, other cognitive skills - Pronounced nightmares, fears



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Age	Emotional Stage	Developmental Tasks- Physical, Cognitive and Language	Effects - What You Might See
<p>6 - 10 years</p>	<p>Sense of industry; conscience development Through relationships, child learns a sense of accomplishment and the ability to problem-solve.</p>	<ul style="list-style-type: none"> - Substantial increase in motor skills - Learns to learn: read, write, basic math, etc. - Screens out distractions - Friendships with peers - Issues of fairness 	<ul style="list-style-type: none"> - Needs external guidance for self-care - Difficulty concentrating, leading to trouble at school - Peer relationships difficult - regressed play activities - Possible delays in motor skills - Delays in conscience development - needs external controls
<p>10 - 18 years</p>	<p>Sense of identity; finding own place in the world By building on all prior developmental stages, the child learns to see their abilities realistically and to develop their talents and interests in preparation for adult life.</p>	<ul style="list-style-type: none"> - Sexual development - Physical growth - Emotional changes - Increased skills - Identity with peers - Emancipation process 	<ul style="list-style-type: none"> - Delays in sexual development, or sexual behaviors expressed inappropriately - Displays social skills and interests of earlier stages - Emancipation fears, or will try to precipitate premature emancipation - Delays in educational, vocational skills - At risk for identifying with peers that make poor choices

Adapted from Vera Fahlberg, *A Child's Journey Through Placement*