A purple rectangle with white background

Description automatically generatedA black background with a black square

Description automatically generated with medium confidence**Stages of Child and Adolescent Development Overview**

**Infographic**

**What to do:** Use this tool to get a quick overview of typical milestones and areas of physical, social and emotional, and cognitive development in young people over time.

**Why it matters:** Becoming familiar with changes across stages of life can help you plan appropriate environments and activities, watch for areas of concern to discuss with school-day partners and families, and help every student succeed.

Nurturing individuality and building strong, authentic relationships are goals as you strive to fully understand each student. Here are some other factors that come into play as children grow and develop:

**Personality**

Is the student …

Responsible?

Adventuresome?

Confident?

Persuasive?

Imaginative?

Outgoing?

**Temperament**

Does the student …

Need predictability?

Move a lot?

Distract easily?

Respond cautiously?

Adapt easily?

React intensely?

Have a long attention span?

Always seem happy? Sad?

Respond slowly or quickly?

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Infancy** | **Early Childhood** | | **Middle Childhood** | **Late Childhood/ Early Adolescence** | **Middle Adolescence** | **Late Adolescence** |
| **0-3 years** | **3-4 years** | **4-6 years** | **6-9 years** | **9-12 years** | **12-15 years** | **15-18 years** |
| 🡫 | 🡫 | 🡫 | 🡫 | 🡫 | 🡫 | 🡫 |
|  |  |  |  |  |  |  |
| **Area of Development: Physical**  Bodily growth u Healthy habits u Use of materials and equipment | | | | | | |
|  |  |  |  |  |  |  |
| A cartoon of a baby crawling  Description automatically generated | A cartoon of a child  Description automatically generated | A cartoon of a child holding a file  Description automatically generated | A child wearing a helmet and goggles  Description automatically generated | A person in a white shirt  Description automatically generated | A person holding a video game controller  Description automatically generated | A person with a bag and a book  Description automatically generated |
| **Area of Development: Social and Emotional**  Regulate/control emotions u Form secure relationships u Recognize, express, and manage feelings  Have empathy for feelings of others u Self-express u Interact with others u Honor others’ opinions | | | | | | |
|  |  |  |  |  |  |  |
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| **Area of Development: Cognitive**  Construction of thought processes u Problem-solving u Decision-making | | | | | | |

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