## Overview of Child Development

### Ages & Stages
- **Toddlers 1 to 3 yrs**
- **Preschool 3 to 6 yrs.**
- **Children 7 to 10 yrs**
- **Pre-adolescent 11 to 13 yrs.**
- **Adolescent 14 to 18 yrs**

### What to Expect
- Toddlers are impulsive
- Toddlers can't understand complex ideas
- Toddlers have inconsistent memory and attention
- Struggling to understand themselves, their emotions & life
- Asking many questions
- Telling stories
- Mixing reality & fantasy
- Feelings are often acted out
- Confusion related to how they are feeling
- Competitive - concerned with rules and winning
- Argumentative - beginning to form their own opinions
- Socializing with peers is a priority
- Striving for independence
- Impulsive and sudden shifts in mood
- Testing limits
- Challenging rules & authority

### Typical Emotions
- **Fear**
- **Anger, Happiness**
- **Uncertain**
- **Frustrated, Annoyed**
- **Surprised**
- **Hurt**
- **Fear, Anxiety**
- **Sadness**
- **Scared**
- **Rejected, Lonely**
- **Anger, Happiness**
- **Frustrated, Annoyed**
- **Unloved, Guilty**
- **Embarrassed, Hurt**
- **Fear, Anxiety**
- **Anger, Happiness**
- **Frustrated, Annoyed**
- **Rejected, Lonely**
- **Unloved, Guilty**
- **Remorseful, Insecure**
- **Despair, Emptiness**

### What the child is striving for
- Exploring their world through play
- Anxiety related to separation from parent
- Beginning to try things on their own
- Imaginative play (house, doctor, school)
- More independence
- Reassurance
- Safety
- Creative
- Fairness
- Developing a sense of humour
- Beginning to understand abstract thinking
- Friends are influencing behaviour
- Self-conscious about appearance
- Interested in partnering
- Sexual development
- High standards for self
- Opinions of friends are very important
- Issues related to separation, openness
- Intimacy shared outside of the family
- Seek non-family activities
- Challenging family values
- High achieving

### Important relationships
- Family
- Friends
- Family
- Friends
- School staff
- Leisure activity staff
- Family
- Friends
- School
- Leisure
- Peers
- School
- Family
- Significant adult