



HOSPICE OF THE WESTERN RESERVE

Pediatric Caregiver Training Guide

Caring for the Physical and Emotional Needs of You and Your Child

**SECTION 6:
DEVELOPMENT STAGES**



General Development Stages

The following age-specific highlights of motor control and psychosocial development are meant to guide you to recognize the average. Not all children develop according to the average. Illness also may delay a child's development in these areas. Please discuss any concerns with your hospice team.

INFANT: BIRTH TO 3 MONTHS

Motor Control

- ♦ Can grasp
- ♦ Turns head when cheek is touched
- ♦ Shows strong suck or gag reflex
- ♦ May lift head, but unsteady
- ♦ Stares at faces, objects
- ♦ Hand often goes to mouth
- ♦ Responds to sounds by turning head or looking startled
- ♦ Can lift head when on stomach
- ♦ Rolls from stomach to back

Psychosocial Development

- ♦ Develops trust in first year, may develop mistrust if basic needs unmet or lacking
- ♦ Enjoys being held, cuddled, touched, talked to
- ♦ Responds with smile to familiar faces
- ♦ May gurgle in response to human voice
- ♦ Begins to develop relationship with primary caregiver
- ♦ Communicates through crying and gestures
- ♦ Sucks finger to sooth self
- ♦ Explores through taste and touch

INFANT: 3 TO 6 MONTHS

Motor Control

- ♦ Reaches for objects
- ♦ Turns objects with fingers
- ♦ Passes objects from hand-to-hand
- ♦ Holds head steady
- ♦ Rolls over completely
- ♦ Bears weight on legs
- ♦ Sits with support

Psychosocial Development

- ♦ May smile in response to stimulation or human face
- ♦ Coos and gurgles when talked to
- ♦ Laughs aloud
- ♦ Responds to and enjoys interaction with others
- ♦ Enjoys free motor play and large soft toys

INFANT: 6 TO 9 MONTHS

Motor Control

- ♦ Sits alone steadily
- ♦ May suck thumb
- ♦ Holds own bottle
- ♦ Bangs or throws objects
- ♦ May crawl or creep

Psychosocial Development

- ♦ May begin to show fear and separation anxiety
- ♦ Can make sounds and imitate some gestures
- ♦ Likes hearing sounds they make repeated back to them
- ♦ Turns head when sound is heard
- ♦ Can show excitement

INFANT: 9 TO 12 MONTHS

Motor Control

- ♦ Grasps with thumb and forefinger
- ♦ Pulls self upright to stand
- ♦ Has some sense of balance and may stand alone momentarily
- ♦ Cruises (walks while holding onto furniture or hands of adult)
- ♦ Crawls, creeps
- ♦ Begins to climb
- ♦ Opens cupboards, drawers
- ♦ Learns to feed self

Psychosocial Development

- ♦ Responds to own name
- ♦ Initiates communication by reaching out arms to be picked up
- ♦ Follows simple directions
- ♦ Shows fear of strange objects and strange voices
- ♦ Imitates definite speech sounds and facial expressions
- ♦ Begins to communicate by pointing to desired object
- ♦ Recognizes the meaning of "no-no"

TODDLER: 1 TO 2 YEARS

Motor Control

- ♦ Walks without holding on
- ♦ Runs within a few weeks of walking (awkwardly, same initial walking)
- ♦ Goes from sitting to standing without using hands (15 months); kneels without support
- ♦ Climbs in adult chair and turns around to sit
- ♦ Backs into child's chair to sit
- ♦ Pulls and pushes toys while walking
- ♦ Bends without losing balance
- ♦ Climbs stairs on knees, goes down by scooting on buttocks
- ♦ Throws and drops toys for another to retrieve
- ♦ Removes shoes and socks
- ♦ Feeds self
- ♦ Puts objects in ears, nose

Psychosocial Development

- ♦ Tolerates separation from the primary caregiver
- ♦ Beginning to potty train
- ♦ Uses words to communicate with others
- ♦ Becomes less dependent on the primary caregiver
- ♦ Remains unaware of dangers to self and others
- ♦ Knows 3–20 words
- ♦ Recognizes objects
- ♦ Has increased periods of play activity
- ♦ Responds to simple commands
- ♦ Shows emotions such as jealousy, frustration, anger, affection
- ♦ May throw temper tantrums
- ♦ May have favorite security/comfort object

PRESCHOOLER: 3 TO 5 YEARS

Motor Control

- ♦ Increased muscle coordination
- ♦ Potty training complete
- ♦ Dresses self
- ♦ Walks on tiptoes
- ♦ Stands on one foot
- ♦ Throws objects overhead
- ♦ Pours liquid from pitcher
- ♦ Puts on shoes

Psychosocial Development

- ♦ Shows vigorous, intensive behavior and strong imagination
- ♦ Learns to depend on own initiative for action
- ♦ May undertake goals or activities that conflict with those of parents or others
- ♦ Language development (adds 1000 words to vocabulary)
- ♦ Imitates adult behaviors
- ♦ Very curious, asks "why?"
- ♦ Can tolerate periods of separation from parents
- ♦ Can communicate and understand others

PRESCHOOLER: 3 TO 5 YEARS

Psychosocial Development *CONTINUED*

- ◆ Performs self-care activities (e.g., washes hands, brushes teeth)
- ◆ Learning right from wrong
- ◆ Develops sexual awareness and modesty
- ◆ Plays with peers; may develop "imaginary friends"
- ◆ Knows first and last name
- ◆ Speaks in 4–6-word sentences, speech 50–75% intelligible
- ◆ Begins to tell stories about pictures
- ◆ Needs predictability, relies on rituals and routines
- ◆ Has vague concept of time

YOUNGER SCHOOL AGE: 5 TO 9 YEARS

Motor Control

- ◆ Neuromuscular skills refined
- ◆ Climbs, hops and gallops well; has improved balance
- ◆ Can throw and catch
- ◆ May learn to tie shoes

Psychosocial Development

- ◆ Wants to do tasks and activities through to completion for feeling of achievement
- ◆ Starts to develop the social and physical skills needed for playing games
- ◆ Learns to get along with others of the same age
- ◆ Starts to develop a conscience and morals
- ◆ Starts to develop good feelings and attitude about oneself
- ◆ School is a large part of their life
- ◆ Can reason and understand cause and effect

OLDER SCHOOL AGE: 9 TO 12 YEARS

Motor Control

- ◆ Physical skills and capabilities continue to develop
- ◆ May experience coordination problem due to rapid growth spurts

Psychosocial Development

- ◆ Assumes responsibility for jobs around the house
- ◆ Engages in competitive sports and outdoor activities
- ◆ Seeks independence from adults and learns to depend on oneself
- ◆ Develops and keeps friendships with peers
- ◆ Develops moral and ethical behavior

ADOLESCENT: 12 TO 18 YEARS

Motor Control

- ◆ Physical skills and capabilities continue to develop
- ◆ May experience coordination problem due to growth spurts

Psychosocial Development

- ◆ Development of identity is shaped by rapid and marked physical changes
- ◆ May struggle to fit into roles or to integrate their values and concepts with those of society
- ◆ Accepts the changes in the body and appearance, has intense concern over physical appearance
- ◆ Develops appropriate relationships with males and females of the same age
- ◆ Interested in peers of both sexes
- ◆ Accepts the male or female role appropriate for own age
- ◆ Becomes independent from parents and adults
- ◆ Develops morals, attitudes and values needed for functioning in society
- ◆ Trust is very important
- ◆ May shift between mature and child-like behaviors and show mood swings