CHILD DEVELOPMENT

DEVELOPMENTAL MILESTONES
1-10 YEARS OLD

"The moment I decided to follow instead of lead, I discovered the joys of becoming part of a small child's world."

- Janet Gonzalez-Mena

1-2 YEARS OLD

Your child is discovering the world and understanding themselves as someone separate to their main caregiver.

Your child might start to imitate the sounds and actions of those around them

2-3 YEARS OLD

This age is often characterised by emotional development.

Your child is experiencing a lot of emotions so they might throw tantrums as they learn about big emotions like anger, embarrassment and frustration.

3-5 YEARS OLD

You child is growing and their body is changing a lot during this period.

Your child is becoming more coordinated and independent - they can eat independently and dress themselves.

Your child might be asking more questions at this age.

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5-7 YEARS OLD

You child is becoming more social and learning to interact with others.

Your child might need help to identify and manage emotions and to understand other people's perspectives.

7-8 YEARS OLD

Your child is learning more and more about the world and they want to understand why.

Your child might ask a lot of questions and want to share their knowledge. They also might want to move (a lot!).

8-10 YEARS OLD

You child is starting to move towards adolescence.They are becoming better at managing conflicts and understanding who they are in the world.

Your child might need some support dealing with uncomfortable emotions like sadness, anxiety, anger and disappointment.

ALL CHILDREN ARE DIFFERENT

These milestones and stages of development are simply averages. All children are different and develop at slightly different rates. Interact, connect and play with your child because "children are likely to live up to what you believe of them."
(Lady Bird Johnson)

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