

# Stages of normal childhood growth and development

## Ages 6-11

### Age 6

#### *Physically*

- Is very active, easily fatigued.
- Has difficulty sitting still.
- Still has limited eye-hand coordination.
- Handles and attempts to use tools and materials.
- Lacks development of small muscles.

#### *Intellectually*

- Is full of curiosity and wants to learn many new skills.
- Is interested primarily in self.
- Lives in the present.
- Has difficulty making decisions.
- Learns through active participation.
- Carries on long conversations.
- Has little concept of time.
- Enjoys listening to stories.

#### *Emotionally*

- Craves praise.
- Is easily discouraged, cries, and has tantrums.
- Wants to feel secure.
- Is greatly stirred up by excitement.
- Displays sense of humor.
- Is self-centered, domineering, stubborn and aggressive.
- Enjoys father.
- Is usually better behaved away from home.
- Usually likes his/her teacher.

#### *Socially*

- Wants to play with other children and likes some group play.
- Likes variety in play.
- Likes responsibility and is eager to earn adult approval.
- Likes to imitate and dramatize.
- Wants and needs to be first, loved best, praised most and to win.
- Does a good deal of tattling and is very domineering and bossy.
- Is sometimes quarrelsome.

## **Age 7**

### ***Physically***

- Is in period of slow, steady growth.
- Has more control of large muscles than small.
- Has improved eye-hand coordination, not ready for close, fine work.

### ***Intellectually***

- Is inquisitive and curious.
- Has a short attention span and may forget easily.
- Enjoys talking, developing ability to express self.
- Likes to demonstrate ability to make choices.
- Has increased ability to generalize, organize, and reason.
- Is interested in magic, puzzles, baseball card collecting and exchanging.
- Enjoys fairy tales, comics, and stories about other children.

### ***Emotionally***

- Is confused by sudden changes.
- Is easily over-stimulated.
- Sets unrealistic goals then feels frustrated, and may be moody.
- Pretends not to hear when too much guidance is given.
- Is concerned about treatment received from others.
- Is concerned about being good and is easier to discipline.
- Is sensitive to praise.
- Sees the teacher as really paramount in school.
- Complains and sulks.

### ***Socially***

- Wants group involvement.
- Is competitive and likes to be first.
- Likes to imitate adults and peers.
- May be careless of others' property but protective of own.
- Is eager to please.
- Likes playing dress-up (girls), paper dolls, and jump rope.
- Does not respond promptly.
- Plays in pairs or in groups.
- Shows race and group consciousness.

## **Age 8**

### ***Physically***

- Is growing and arms are lengthening.
- Is sometimes awkward because of uneven growth.
- Is restless and fidgety.
- Has improved muscle coordination.
- Is expansive, speedy, and energetic, but tires easily.
- Shows interest in developing eye-hand coordination.

### ***Intellectually***

- Is more independent in reading and has increasing attention span.
- Is becoming aware of detail.
- Learns best through activity and likes variety in each day.
- Likes to work on projects and construct things.
- Enjoys jokes and riddles.
- Is money-mad.
- Understands time and money concepts.

### ***Emotionally***

- Acts careless and is noisy when angry or tired.
- Has more enthusiasm than wisdom.
- Is self-critical and sensitive to criticism.
- Wants to be good, but needs much praise and encouragement.
- Wants prestige.
- Makes fewer complaints about teacher.
- Has feelings that are easily hurt by careless remarks.
- Is critical of brothers and sisters.
- Likes to giggle.

### ***Socially***

- Likes to talk, to argue and to be with people.
- Desires approval of peers and adults.
- Prefers to work, play with those of his/her own sex, and choose his/her own friends.
- Tends to have a best friend and wants to look like others.
- Likes team games.
- Dislikes being told what to do.
- Is alert, friendly and interested in people but sometimes careless, noisy and argumentative.

## **Age 9**

### ***Physically***

- Has eyes now ready for close, detailed work.
- Has good eye-hand coordination.
- Uses large and small muscles.
- Tends to assume awkward body postures.

### ***Intellectually***

- Desires to build a body of knowledge.
- Notices life sequences.
- Studies people.
- Objects to the interruption of favorite activities.
- Prefers individual instruction
- Finds pleasure in using own skills.
- Has increasing self-motivation.
- Likes secret codes and languages.
- Has a strong sense of right and wrong.
- Is more interested in talking and listening than in working.
- Enjoys written work.

### ***Emotionally***

- Becomes irritable and exhausted from working/playing too hard.
- Strives to improve skills and embarrasses easily.
- Makes extreme emotional shifts from humor to hostility.
- Worries about health, schoolwork and failure.
- Has increased independence and resents interruptions.
- Is a great worrier and is easily discouraged.
- Cries only when emotions are overtaxed.
- Thinks his own things are best.
- Is annoyed by small details of living, such as being neat.

### ***Socially***

- Likes most activities at school and identifies self as part of a group.
- Periodically practices good manners and is anxious to please.
- Stresses fair play within competition and is a loyal and devoted friend.
- Is rowdy one moment and polite the next.
- Is competitive in work and in play and is afraid of failure.
- Makes fewer demands on parents.
- Does not stay long with one activity.

## **Age 10**

### ***Physically***

- Has boundless energy.
- Likes games requiring a variety of skills.
- Is relaxed, casual and alert.
- Often has poor posture and tires easily.
- Is awkward and restless due to rapid and uneven growth.

### ***Intellectually***

- Has broadened interests and is curious about how things work.
- Is eager to explore.
- Enjoys attacking own problems.
- Wants the teacher to be fair.
- Likes to read and to take part in discussions.
- Has a strong sense of justice.
- Needs schedules.
- Loves the outdoors.
- Begins critically analyzing teacher.
- Develops realistic sense of own strengths.

### ***Emotionally***

- Responds very positively to praise.
- Is sometimes overcritical.
- Needs frequent reminders about responsibilities.
- Is demanding of mother.
- Is in one of the happiest ages.
- Is changeable and often uncooperative.
- Resents being talked down to.
- Is beginning to accept the consequences of own mistakes.
- Is more interested in ideas and beliefs of others.

### ***Socially***

- Is becoming increasingly independent.
- Has a strong sense of justice and honor.
- Likes group activities.
- Truly enjoys friends.
- Wants to belong to clubs.
- Likes games where girls play against boys.
- Tends toward hero worship.

## **Age 11**

### ***Physically***

- Possesses much energy.
- Is restless.
- Grows rapidly in weight and height, especially girls.
- Is less fearful of physically demanding games.
- Is awkward, lazy and restless because of rapid and uneven growth.
- Shows evidence of physical maturity (develops pimples, perspires profusely).

### ***Intellectually***

- Is interested in books on adventure, mystery, and science.
- Shows progress in generalizing and making deductions.
- Has a greater understanding of concepts of time, place.
- Is interested in other people's ideas.
- Is turned off by nagging, condemnation and being talked down to.
- Shows interest in and works with concrete materials.

### ***Emotionally***

- Is curious about personal relationships.
- Wants to express affection and enjoys being with pets.
- Is growing in the development of feelings and judgments.

### ***Socially***

- Is eager to get along with peer groups and considers peer approval more important than adult.
- Wants prestige in own group.
- Likes team games.
- Is very antagonistic and teasing toward the opposite sex.
- Is often over-critical, rebellious and uncooperative.
- Adopts fads, wants to dress like friends and belong to clubs.