

Trainer Resource*

STATEMENTS FOR AGES AND BEHAVIORS CARDS

Birth-14 Months (Newborn & Infant)

I smile and babble a lot. By the end of this stage I can say a few words like “bye-bye” and “da-da.”

I need my parent to meet all my needs so that I can begin to trust that I will be taken care of.

I have teeth coming in and sometimes get irritable during this teething time.

Touch and physical contact is a primary way that I connect with people. I have “skin hunger.”

I begin to sit up, crawl, and by the end of this stage, I’m usually walking.

I communicate my needs by making faces, crying or maybe pointing to what I want.

14-36 Months (Toddler)

I like trying to do things myself and am prone to tantrums. My favorite words are “no” and “why.”

I run, jump, and climb well. I like to pull and push toys and furniture around.

I’m curious so I like to get into cabinets and take everything out.

By the end of this stage I’m just about toilet trained but I still have accidents.

I do not like to share my toys and I say “mine” or “me” if other kids try to play with them.

My brain is developing at a fast pace. When my parents talk, sing, and read with me, I increase my ability to learn. (Note: This is true for newborns, infants, toddlers, and preschoolers.)

I’ve gone from babbling to having a vocabulary of about 40 words. It helps me when parents use a lot of different words with me.

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3-5 Years (Preschool)

I repeat pretty much everything I hear; so it's important for parents to talk the way they want me to talk.

I can use grown up expressions correctly but don't usually know what it really means.

I have a great imagination and like to imitate grown-ups when I play.

I have a lot of new skills—for example, I can dress and undress with help, ride a tricycle, stand on one foot, hop, and climb the monkey bars.

I know what sex I am and I'm very curious about differences between boys and girls.

I can sit and listen to my father read story books with a lot of words. I often want the same story read to me over and over again.

I often have fears, for example, being separated from my parents, the dark, or dogs.

6-8 Years (School Age)

I'm getting my permanent teeth, have a good sense of balance, and can tie my shoes.

I understand concepts of left and right, days of the week, and time.

I have a longer attention span and enjoy performing well and doing things right.

It's difficult for me to handle failure or to be criticized.

I'm a concrete thinker and tend to see things as right or wrong, good or bad, with no middle ground.

I'm spending more routine time away from the family; friends have become more important.

I tend to prefer play with children of my own sex. If I'm a boy, the pressure to always be tough and "act like a man" has gotten intense and is reinforced by my male friends.

9-12 Years (Preteen)

My closest friends are almost always of the same sex but I'm probably showing more interest in the other sex.

I don't think I need an adult to supervise my daily activities. I may defy adult authority.

I use slang, the telephone, text messaging, and Face Book or My Space to connect with friends and distance myself from adults.

I've become more modest and self focused. I often feel awkward and worry if I am normal.

I'm going through a lot of physical, emotional, and social change. If I'm female, I'm 1-2 years more mature than guys my age.

If I'm a girl, I'm probably feeling more pressure than ever to look and act a certain way to be attractive to boys.

Teens

Early in this stage, I can be pretty selfish and want my needs met right away.

The part of my brain that connects actions to consequences is still developing so I don't always make wise decisions.

I'm often moody, irritable, self conscious, and argumentative.

Toward the end of this stage, I can reason better, think into the future and consider consequences before acting. With my new skills, I need parents to listen more to my thoughts and ideas.

I want and need more independence and can take on increased responsibilities such as babysitting or summer jobs.

I probably spend a lot of time on the phone and hanging out with friends. My friends are very important but my parents still influence important decisions in my life.

I'm feeling romantic and sexual attractions and will probably be interested in going out or dating.

I'm facing some of the biggest decisions of my life regarding sex, alcohol, drugs, etc.