

Stages of Child & Adolescent Development

Stages of Development	Physical Development	Cognitive Development	Social/ Emotional Development	Typical School Situation
<p>Late Childhood</p> <p>Approximately 8-11 years of age</p>	<ul style="list-style-type: none"> Grow an average of 2-3 inches and 7 pounds per year Puberty begins between 8-13 for girls; around 10 for boys Girls become physically larger than boys with onset of puberty 	<ul style="list-style-type: none"> Use logical thinking with a limited ability to extend logic to abstract concepts Have ability to apply learned concepts to new tasks Interest in learning life skills from adults at home 	<ul style="list-style-type: none"> Predominantly focused in needs and wants of themselves Want to gain social approval Have a tendency to be disorganized and forgetful Little concern about appearance Friendships based on proximity, common interests Early onset puberty associated with lower self-control and emotional instability, especially for boys 	<ul style="list-style-type: none"> Usually upper elementary school 3rd to 5th grade Learning and interacting primarily with own grade level with close adult supervision at school, both inside and outside the classroom
<p>Early Adolescence</p> <p>Approximately 11-13 years of age</p>	<ul style="list-style-type: none"> Puberty: grow body hair, increase perspiration and oil production in hair and skin Tremendous physical growth in weight and height Sexual interest 	<ul style="list-style-type: none"> Growing capacity for abstract thought Mostly interested in present with limited thought of the future Intellectual interests expand and become more important Deeper moral thinking 	<ul style="list-style-type: none"> Struggle with sense of identity Feel awkward about one's self and one's body; Increased conflict with parents Increased influence of peers Desire for independence Tendency to return to childish behavior when stressed Moodiness Rule- and limit-testing Greater interest in privacy 	<ul style="list-style-type: none"> Usually middle school Grades 6-8 Learning primarily with own grade level, although elective courses and extracurricular activities may be multi-grade More opportunities for autonomy and unstructured interactions Less direct supervision than in elementary school
<p>Middle Adolescence</p> <p>Approximately 14-18 years of age</p>	<ul style="list-style-type: none"> Puberty is completed Physical growth slows for girls, continues for boys 	<ul style="list-style-type: none"> Continued growth of capacity for abstract thought Greater capacity for setting goals Interest in moral reasoning Thinking about the meaning of life 	<ul style="list-style-type: none"> Intense self-involvement, changing between high expectations and poor self-concept Continued adjustment to changing body, worries about being normal Tendency to distance selves from parents Continued drive for independence Driven to make friends and great reliance on them Popularity can be important issue Feeling of love and passion 	<ul style="list-style-type: none"> Usually high school Grades 9-12 Learning with students in other grades in many classes (i.e. a Spanish class may have both 9th graders and 12th graders in it) Increasing interaction with students of different grade levels Reduced supervision than in lower grades

Adapted from the American Academy of Child and Adolescent's Facts for Families, 2008

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