

## Youth act their developmental age more often than their chronological age.

<b>Chronological Age for Typical Development</b>	Birth to 1 year “Infancy”	1-3 years “Toddler Years”	3-6 years “Pre-School Years”	6-10 years “School Age Years”	11-22 years “Adolescence”
<b>Erickson’s Stages-Time to develop a sense of:</b>	Trust	Autonomy	Initiative	Industry	Identity
<b>Key Developmental Issue</b>	Develop attachment	Become self-aware	Learn about being a family member	Become competent outside the family	Journey from childhood to adulthood
<b>What is happening in the child’s life?</b>	<ul style="list-style-type: none"> <li>• Develops trust of care</li> <li>• Absorbs and relates to the world</li> <li>• Brain gears up for child’s world</li> </ul>	<ul style="list-style-type: none"> <li>• Wants to do things for herself</li> <li>• Learns to calm self</li> <li>• Plays and checks back with caregiver</li> </ul>	<ul style="list-style-type: none"> <li>• Learns to distinguish fact from fantasy</li> <li>• Finds out kind of person they can be</li> <li>• Identifies with same-sex parent</li> </ul>	<ul style="list-style-type: none"> <li>• Wants to engage in real tasks he can finish</li> <li>• Learns about cause and effect and can respond to logical consequences</li> <li>• Many fears common as stress of outside world increases</li> </ul>	<ul style="list-style-type: none"> <li>• Hormones—changes in brain, sexual development and mood swings</li> <li>• Discussion and experimentation</li> <li>• “Who am I”-finding a place in society</li> </ul>
<b>What may result when this key developmental issue is not successfully resolved?</b>	<ul style="list-style-type: none"> <li>• Lack of trust of care from the world</li> <li>• Lack of reciprocal relationship with caregiver and others</li> <li>• Possible “failure to thrive”</li> </ul>	<ul style="list-style-type: none"> <li>• Unsuccessful ways of handling tension and frustration</li> <li>• Difficulty knowing where he/she stops and others begin</li> <li>• Develops doubts about own abilities</li> </ul>	<ul style="list-style-type: none"> <li>• Hard to relax and try things</li> <li>• Lack of self-confidence</li> <li>• May feel excessive guilt and feel worthless</li> </ul>	<ul style="list-style-type: none"> <li>• May vent anger impulsively, often at “safer” adults</li> <li>• Unable to consider effect of behavior on others or use logical consequences to make better choices</li> <li>• May feel defeated, inferior and discouraged</li> </ul>	<ul style="list-style-type: none"> <li>• Weakened sense of self worth</li> <li>• Need more time to finish educational and emotional tasks before leaving home</li> <li>• Intense feeling of loss as time to leave home approaches.</li> </ul>
<b>What are some helpful caregiver strategies to move a child along developmentally?</b>	<ul style="list-style-type: none"> <li>• Meet needs predictably and with nurture</li> <li>• Teach relationship by doing</li> <li>• Experience each other</li> </ul>	<ul style="list-style-type: none"> <li>• Set safety limits</li> <li>• Help lower tension through rituals and distraction</li> <li>• Give opportunity to make choices</li> </ul>	<ul style="list-style-type: none"> <li>• Support and encourage to try new things</li> <li>• Support and encourage plans and chances to carry them out safely</li> <li>• Answer questions</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage new relationships with positive adults and friends</li> <li>• Offer hints and requests as a favor vs. being highly directive</li> <li>• Give opportunities to learn skills with peers (projects)</li> </ul>	<ul style="list-style-type: none"> <li>• Affirm uniqueness as a person</li> <li>• Stay connected</li> <li>• Give fewer rules that really count (in advance)</li> </ul>