

# the Stages of Development

Children change every day, physically, cognitively, and emotionally. Many notable changes - like learning to walk and beginning to talk - occur when children reach a particular age range. But children develop in subtle ways as they grow, too.

Categorizing the ways in which children grow and change is a helpful way to keep track of the many ways children develop, and it gives some insight into how they learn and mature. We do this by looking at developmental milestones - things most children can do at a certain age - and associating these milestones with five different developmental stages.

## These are the characteristics of the Stages of Development:

### 1 Cognition & Perception

- Learning and remembering, including problem solving and making decisions
- Making sense of information, including conceptual and critical thinking
- Curiosity, exploration, and creativity

### 2 Communication & Language

- Verbal and non-verbal language
- Literacy, reading, and writing skills
- Listening, understanding, and communicating

### 3 Social & Emotional

- Self-awareness and self-confidence
- Social awareness such as empathy, and relationship skills like teamwork
- Responsible decision making and self-management including regulating emotions and behaviors

### 4 Motor & Physical

- Motor skills development, which is the strengthening of bones and muscles and the ability to move and manipulate objects
- Participation in activities and exercise
- Nutrition and overall health

### 5 Adaptive & Self Care

- Having the right skills to become more independent
- Conceptual, practical, and social skills that enable everyday functionality
- Encompasses cognitive, language, gross and fine motor, and social-emotional abilities

