

CHILD DEVELOPMENT: MILESTONES TO KEEP IN MIND

1.5 yo

1st period of disequilibrium - more intense feelings, more "I do it myself" and learning how to say "no". Hold boundaries. Help them. Slow down. Do NOT expect obedience, their impulse control is too low. Set the environment to help you.



2.5 yo

Next stage of disequilibrium. Intense emotions, more verbal, strong "no", need for predictable and consistent boundaries as well as choices and control. Is NOT old enough for self control, to keep pets or siblings safe, or to tend to themselves.



3.5 yo

The MOST intense part of early childhood. This disequilibrium is met with especially volatile emotions. Connect. Do not demand/force. 3's need to be seen and heard and have limited but reliable control of their world. Hold space for big emotions. Still low impulse-control.



4.5 yo

Another period of disequilibrium. Whining and "tone" and extreme language common. MUST re-test all boundaries. Starting to connect understanding "why" with the ability to control impulses - sometimes. Still not old enough to be in charge of keeping others safe.



5.5 yo

Disequilibrium again. Also the age where they can start to hold 2 conflicting thoughts in their head. Where they can be aware that the parent has one set of needs/wants and they have a different set. Still needs help with impulses.



6 yo

A Jekyll and Hyde type of year. Amazingly sweet and sour and sassy. This stage is ups and downs. Collaboration to solve problems is valued highly and still will need some support for impulse control.



7 yo

Disequilibrium again. At 7 you may see melancholy or grumpiness increase. Feeling like things aren't fair. Need for connection and control increases. Hold space for negative feelings without feeling you have to fix them for them.



8 yo

The end of early childhood. Reason and collaboration firmly in place. A developing sense of self and need to feel significant and valued. More responsible and even keeled and still needing support with executive functioning tasks.



9 yo

Disequilibrium can lead to extra worries and anxieties. Pre-puberty can lead to grumpiness and mood swings. Hold space for big feelings. Listen and reflect. You don't have to fix them.



10, 12, 14, 16

These are years of Equilibrium when children will feel less turmoil and feel more cooperative given a positive connection at home. Listen, observe, hold space, share thoughts and ideas, spend time together. You CAN enjoy your teen!



11, 13, 15, 17

These are periods of Disequilibrium and will result in more mood swings, less confidence, and more frustration with themselves and the world. The same applies. Create a positive relationship. Listen, observe, hold space, share, spend time together. Don't take it personally!



25-26yo

The pre-frontal cortex of the brain is FINALLY done! Your "child" now has adult level control of their impulses. That took a while! See why they were so hit-or-miss through the years??

