



Developmental Sequences

| <u>Developmental Stage</u> | <u>Developmental Task</u> | <u>Adult Guidance Needs</u> |
|------------------------------------|---|--|
| 0-1 <i>Infant</i> | Basic trust Attention Soothing Nurturance | The goal of this period is a successful attachment. The child and the caretaker are experienced as one person through the eyes of the child. Unconditional love. |
| 2-3 <i>Toddler</i> | Early autonomy Exploration Self-control Power struggles | Children learn about their world through play and exploration. The lack of internal control requires that parents set limits while balancing age-appropriate autonomy. |
| 4-5 <i>Preschool</i> | Initiative Testing limits Gaining competence Reality vs. fantasy | Language and motor acquisitions allow for more sophisticated learning. Opportunities to experience mastery generates competence. Model both independent and parallel play. |
| 6-8 <i>School Age</i> | Meeting the world Comfort away Absorbing learning Socialization | Social requirements create an opportunity to measure the self against others. A firm foundation of attachment and limits enables kids to self-soothe if uncomfortable away. |
| 9-10 <i>Preadolescent</i> | Peer influence Role models Do I measure up Gender differences | Emotional and physical changes threaten confidence. Social pressures expose kids to elements of the world that have danger. Kids regress to immaturity when uncomfortable. |
| 11-13 <i>Early Adolescence</i> | Family vs. friends Body image Distancing Experimentation | Relationships are tested both in and out of the home. Selfish preoccupation impairs judgment. Situations have an all or none urgency. Balance understanding with limits. |
| 14-16 <i>Middle Adolescence</i> | Rebellion Sexuality Parent conflict Morals | Teens challenge parental authority to create relationship distance. Increased autonomy allows kids to “try on” adulthood while the safety net is still in place. Limits essential. |
| 17-19 <i>Late Adolescence</i> | Identity Autonomy Values Leaving home | Successful emancipation borrows from the gains of previous developmental stages. Parental values are re-adopted once the consequences of independence are realized. |

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