



Parenting Tips: Age Appropriate Expectations

Infants (0 – 1 years old)

- Crawl
- Can follow moving objects with their eyes
- Have vocabulary of one to three words in addition to “mama” and “dada”
- Grab objects such as bottles and toys

Toddlers (2 – 3 years old)

- Begin to feed themselves and may have accidents
- Will begin to dress themselves
- Begin to control body functions through toilet training (may have accidents)
- Communicate with short complete sentences (example: “I want water.”)

Pre-schoolers (4 – 5 years old)

- Develop fine motor skills, enabling them to tie shoelaces, cotton shirts, use scissors, and draw recognizable figures
- Understand the concepts of time, space, and quantity
- Are able to understand and accomplish simple health-related activities such as brushing teeth, taking a bath, and washing hands
- Are curious and often ask questions

School age (6 – 8 years old)

- Develop an increased attention span and become adventurous
- Want more emotional freedom, space from parents and privacy
- Make sense of what is right and wrong
- Begin to socialize more with other people

Pre-Adolescence (9 – 12 years old)

- Experience a growth spurt with significant weight gain, muscle growth, and genital maturation
- Friends greatly influence their decisions
- Increased sexual curiosity
- Experience mood swings and struggle with family relationships

Adolescence (13 – 17 years old)

- Believe they can do everything by themselves and take risks
- Prefer to share time with friends and not with their parents
- Many try to experiment with alcohol and drugs out of curiosity and/or peer influence
- Significant increase in sexual curiosity