

Caring for Kids: A Collaborative Effort

Help prevent child abuse by knowing more about what to expect from children at each age and stage of development.

All information for this document was sourced from the "Positive Parenting Tips" resources created by the Center for Disease Control (CDC). Additionally, for any families experiencing stress and in need of services, please connect with local resources such as the Roanoke County Department of Social Services (RCDSS) (see contact information at the end of this document).

Ages	By this age, children's physical development should include:	By this age, children's emotional & mental development should include:	At this age, parents may want to incorporate the following tips into a daily routine:
0-2 years old	<ul style="list-style-type: none"> • Crawling and taking first steps • Exploring the world around them • Developing preferences for foods • Babbling and starting to form words • For children ages 0-1, they should be sleeping 12-16 hours per day • For children ages 1-2, they should be sleeping 11-14 hours per day 	<ul style="list-style-type: none"> • Developing bonds, trust, and attachments to caregivers • Imitating the behavior of others • Following simple instructions • Between the ages of 1-2 years old, children may act more defiantly • Learning the process of memory, language, thinking, and reasoning 	<ul style="list-style-type: none"> • Talk to your baby calmly and assuredly • Answer your baby by responding to his/her sounds with sounds and words • Redirect your baby with toys and move him/her to safe areas when he/she starts moving & touching things she/he should not touch • Praise your baby often • Never shake your baby
3-5 years old	<ul style="list-style-type: none"> • Learning additional motor skills (such as riding a tricycle and/or dressing himself/herself) • Speaking in complete sentences as well as learning words and phrases • For children ages 3-5, they should be sleeping 10-13 hours per day 	<ul style="list-style-type: none"> • Playing with other children, developing friendships, and learning to share • Becoming more independent and starting to ask questions • Starting to show more personality through interactions with family members and others outside of the home 	<ul style="list-style-type: none"> • Include your child in simple chores • Be clear and consistent when disciplining your child. Explain and show the behavior you expect from him/her. Whenever you tell the child, "no," follow up with what he/she should do. • Help your child process through steps to solve problems when he/she is upset. • Give your child a limited number of simple choices (ex: what to wear).
6-8 years old	<ul style="list-style-type: none"> • Developing finer motor skills (such as catching a ball or tying his/her shoelaces) • Participating in at least one hour of physical activity per day • For children ages 6-8, they should be sleeping 9-12 hours per day 	<ul style="list-style-type: none"> • Placing importance on peer relationships as well as becoming more independent • Growing in confidence while also wanting to be accepted by peers • Learning better ways to describe experiences as well as talk about and express thoughts and feelings • Experiencing rapid brain development 	<ul style="list-style-type: none"> • Recognize your child's accomplishments and praise your child • Help the child develop a sense of responsibility by involving them in household tasks and chores • Help your child set achievable goals • Use discipline to guide and protect your child, rather than punishment to make him/her feel bad about himself/herself.

Ages	By this age, children's physical development should include:	By this age, children's emotional & mental development should include:	At this age, parents may want to incorporate the following tips into a daily routine:
9-11 years old	<ul style="list-style-type: none"> Beginning puberty Becoming more aware of his/her body and body image Participating in at least one hour of physical activity per day For children ages 9-11, they should be sleeping 9-12 hours per day 	<ul style="list-style-type: none"> Starting to form stronger, more complex friendships, and peer relationships Experiencing peer pressure and developing his/her sense of right and wrong Facing more academic challenges as well as developing an increased attention span Becoming continually more independent from his/her family 	<ul style="list-style-type: none"> Spend time with your child and talk about his/her friends, accomplishments, and any challenges he/she might face Meet the families of your child's friends When using praise, help your child think about his/her own accomplishments and gain confidence Talk with your child about puberty
12-14 years old	<ul style="list-style-type: none"> Body and hormonal changes during the stages of puberty Participating in physical activity daily if possible For pre-teen and teenagers ages 12-14, they should be sleeping 8-10 hours daily 	<ul style="list-style-type: none"> Showing more concern about body image, looks, and clothes Focusing on themselves as well as going back and forth between high expectations and lacking confidence Expressing less affection toward caregivers, and sometimes might seem rude or short-tempered because of increased moodiness 	<ul style="list-style-type: none"> Talk about mental health Be honest and direct when talking about sensitive subjects such as drugs, drinking, smoking and sex Meet and get to know his/her friends Respect your teen's opinions, thoughts, and feelings, and let him/her know you are actively listening
15-17 years old	<ul style="list-style-type: none"> Puberty is almost complete Participating in physical activity daily if possible For teenagers ages 15-17, they should be sleeping 8-10 hours daily 	<ul style="list-style-type: none"> Learning more defined work habits Showing more concern about his/her future, as well as school and work plans Lessening conflicts with parents Having a deeper capacity for caring and sharing as well as developing more intimate relationships Increased ability to give reasons for choices, including about what is right and wrong 	<ul style="list-style-type: none"> Talk with your teen about concerns and pay attention to any changes in his/her behavior. Listen to his/her feelings. Compliment your teen and celebrate his/her efforts and accomplishments Talk with your teen and help him/her plan ahead for difficult or uncomfortable situations. Discuss how he/she could safely exit unsafe situations

In need of resources? Call 211 and connect with local programs. Additionally, if you or someone you know may need local resources to prevent child abuse, please connect with the Roanoke County Department of Social Services (RCDSS) by calling (540) 387-6087.

While this material is provided by RCDSS in light of Child Abuse Prevention month (observed during April), the information was gathered from the Center for Disease Control (CDC) website. This handout does not encompass everything listed on the CDC website, and for additional information on the developmental stages of children, please go to the CDC website (<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>). Lastly, RCDSS is not endorsed by the CDC.