

THE STAGES of DEVELOPMENT

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.

It's important to know when children are not meeting their milestones, too, so they can get the support they need where they need it. That's what developmental screening is for!

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

