

Parent's name _____ Date _____
Child's name _____ Class _____

Ages & Stages

Children do go through predictable stages of growth. Each stage of a child's development builds on the success of the previous stage. These stages can neither be hurried nor skipped. Each child has her own unique timetable for development, yet there are broad norms that can provide useful benchmarks. Knowing the wide parameters of normal growth can help parents accept their child's individual developmental clock. Often children take a few steps forward and several back. Regressing and/or forgetting already established skills are an expected part of a child's development. "Disequilibrium" is a word coined by child development theorist Jean Piaget to describe the out-of-balance times children go through right before they learn something new. Knowing your children's struggles are indicative of their attempts to grow helps you better understand difficult behavior and allows you to provide appropriate support. Think today about where your child is in their development, cognitively, emotionally, physically and socially. We will discuss age appropriate development and how to best support it.

What new things in your child's development are you observing that bring you joy?

What new things are you experiencing that challenge you?

Can you tie in any of the new behaviors you are experiencing with your child's current stage of development?

Knowing that the step backwards or the disequilibrium is normal what adjustments might you make to the way you handle the challenges?