

# HUMAN DEVELOPMENT: FROM INFANCY THROUGH ADOLESCENCE

## INFANCY:

- Rapid growth. From reflex movement to movement with purpose.
- From rolling over to sitting to crawling to first steps.
- From using senses for learning to participating in rolling/throwing a ball.
- From coos and babbles to understanding very simple commands.
- From indiscriminate smiling to drawing away from strangers.
- Attachment bond with caretaker is developed.

## TODDLER:

- From first steps to running, jumping and kicking. Bladder control achieved.
- From imitating the stacking of cubes to recognizing colors.
- Begins to feed self with spoon.
- From using two- or four-word sentences to enjoying simple songs.
- From imitation of adult behavior to playing alone (fantasy play).
- From almost total dependence to increasingly greater independence. Has temper tantrums.

## EARLY CHILDHOOD:

- From basic toilet training to increased body awareness and exploration. More awareness of sexual differences.
- From knowing colors to identifying pennies, nickels and dimes. Begins to read and write.
- From four-word sentences to use of full sentences. Mastery over use of past tense words is achieved.
- Begins to model and identify with adults of the same sex.
- From very bossy and belligerent to wanting to please adults.

## LATENCY:

- From putting together simple puzzles to good body control. Girls begin to develop breasts and pubic hair.
- From taking care of personal needs to increasing responsibility at home and in school. Increased ability to use logic.
- From first use of full sentences to well-developed language and communication skills.
- From self-centered behavior and unstable relationships to highly selective (best friend) relationships. Engaging in and enjoying competitive games.
- From being sensitive to feelings of others toward self, to becoming more independent dependable and trustworthy. Likes privacy.

## ADOLESCENCE:

- Sudden and rapid physical and sexual development.
- Abstract thinking appears. May start planning for the future.
- Needs less family companionship and interaction.
- Usually has a gang of friends with less intense relationships.
- Conflicting feelings about dependence/independence.
- Worried about grades, appearance and popularity.
- May appear moody, angry, lonely, impulsive, self-centered, confused and stubborn.
- May develop strong interest in single, romantic relationships.