

Supplemental Handout: The SPECS of Normal Development

Birth to One Year						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
Birth	<p>Prefers female voice</p> <p>Can identify mother figure through auditory and olfactory senses within 48 hours of birth</p> <p>Bonding process initiated</p>	<p>Weight range for full-term: 5 ½ - 10 ½ lbs. Average wt.: Boys 7 ½ lbs. Girls 7 lbs</p> <p>Length range for full term: 18 - 22 inches</p> <p>Head is large (¼ of total body size)</p> <p>Rapid brain development</p> <p>Abdomen is large Arms and legs thin</p> <p>Fontanel open</p> <p>Small for Gestational Age (SGA) if full-term weight is less than 5 lbs.</p> <p>Premature if less than 37 weeks, gestation</p>	<p>Sees well at 8 - 12 inches</p> <p>Sense of taste, smell, touch, and hearing well-developed</p> <p>Reflexes include: sucking fencing posture grasping startling</p> <p>Hands kept fisted</p> <p>Movement is active, random, flailing and uncontrolled</p> <p>Lifts head</p>	<p>Consciousness of self begins with the early mental representation of a special person created by the child.</p> <p>Learns about love and trust through touching and holding</p>	<p>Alertness states: active alert quiet alert drowsy</p> <p>Responds to bell</p> <p>Undifferentiated cry for needs</p> <p>Responses to surroundings are very reflexive</p>	<p>The full range of sexual behaviors includes penile erection, vaginal lubrication or orgasm</p>

Birth to One Year, Continued						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
1-3 Months	<p>Spontaneous smile develops</p> <p>Begins to smile responsively</p> <p>Alert to presence of people</p> <p>Makes eye contact</p> <p>Vocalizes sounds</p> <p>Bonding process continues as child is able to identify caretaker</p> <p>Parental roles of care-giving are being defined that will assist the child in learning social rules, roles, expectations and gender identity later</p>	<p>Average weight gain is about 1 ounce per day</p> <p>By three months, will grow about 2 inches in length from birth</p> <p>Rapid brain development continues</p>	<p>Will visually track objects to midline at one month</p> <p>Can lift head to 45° by one month</p> <p>By two months:</p> <ul style="list-style-type: none"> - can visually track objects past midline - can lift head to 90° <p>By three months:</p> <ul style="list-style-type: none"> - can visually track objects 180° - can put hands together - muscle control in upper body is good - can lift chest up with arm support - can be held in sitting position and hold head steady - beginning to develop hand-eye coordination - rolls over 	<p>Continued development of sense of trust in the world through interactions with the primary caretaker</p> <p>Temperament is present and clear to caregivers</p> <p>Feelings of pleasure and unhappiness present by 3 months</p>	<p>Will begin to vocalize in ways other than crying</p> <p>Differentiated types of crying develops</p> <p>Gurgling, squealing and cooing occur</p> <p>Interactive vocalization begins, and child initiates babbling</p> <p>Laughter</p>	<p>The full range of sexual behaviors includes penile erection, vaginal lubrication or orgasm</p>

Birth to One Year, Continued						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
4 – 6 months	<p>Will begin to resist if a toy is pulled away</p> <p>Will actively engage in interaction</p> <p>Ability to feed self finger foods</p> <p>Vocalization used to interrupt others/gain attention</p> <p>Will begin to initiate social contact</p> <p>Imitates facial expressions</p> <p>Works to get a toy that is visible, but out of reach</p> <p>Wants to form an attachment to specific person(s), often a caregiver</p> <p>Parental roles of caregiving continue to be defined that will assist the child in learning social rules, roles, expectations and gender identity</p>	<p>Will gain 5 – 6 ounces per week</p> <p>Birth weight often doubled by 5 months of age</p> <p>By six months of age, 2-3 more inches in length will be added to length at 3 months of age</p> <p>Rapid brain development continues</p>	<p>Movements are controlled and purposeful – no longer reflexive</p> <p>Can grasp rattle purposefully</p> <p>Able to bear some weight on legs</p> <p>If put in sitting position, there is no head lag</p> <p>Child uses hands to rake for objects s/he wants to pick up</p> <p>By 5-6 months, may be able to sit and pull self to sitting</p> <p>Moves objects from hand to hand</p> <p>Stands if holding on to something</p>	<p>Emotions present and visible to others include:</p> <ul style="list-style-type: none"> - happy - sad - angry - pain - fear - protest 	<p>Is aware of the presence of objects</p> <p>Attention to objects begins as a critical component of cognitive development</p> <p>Able to laugh as a response</p> <p>Vocalizes desires and eagerness through a range of sounds</p> <p>Will look for objects</p> <p>Initiates own noises, and imitates speech sounds</p> <p>Will turn toward voices</p>	<p>Exploration of body may now include fingers and toes, arms and legs</p>

Birth to One Year, Continued						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
7 – 12 months	<p>Attachment to caregiver strengthens</p> <p>Interactive play begins (Initiates interactions)</p> <p>Can play peek-a-boo</p> <p>May shout or use other sounds for attention</p> <p>Shyness or anxiety around strangers may occur</p> <p>Separation and stranger anxiety</p> <p>By 12 months, will play ball with other people beside caregiver</p> <p>Demonstrates clear wants</p> <p>Better able to differentiate between people, and make observations, laying a foundation for gender roles and identity development</p>	<p>Gains 2 – 3 ounces per week</p> <p>Birth weight triples by the age of one year</p> <p>Adds 3 – 4 inches from 6-month height by the age of one year</p> <p>Rapid brain development continues</p>	<p>May pull to standing position</p> <p>Can support weight on legs</p> <p>Cruising walk while holding on to something for balance may begin</p> <p>Thumb-finger grasp develops</p> <p>By the age of one year, will stand alone well and begin to walk</p> <p>By the age of one year, is starting to drink from a cup</p>	<p>Ability to explore environment and play leads to continued understanding of and trust in environment</p> <p>Attachment to caregiver strengthens</p> <p>Enjoys interactions with caregiver</p> <p>By the age of 1 year, beginning to become curious about environment and willing to explore</p> <p>Begins to move towards developing autonomy</p>	<p>Can imitate sound sequences</p> <p>May use “mama” or “dada” indiscriminately at 7 months, but will be used properly by 10 months of age</p> <p>By 10 months, may begin to label specific objects with sounds</p> <p>By 12 months</p> <ul style="list-style-type: none"> - may use 3 or more words other than mama and dada - object permanence beginning to develop - early problem solving skills arise - mastery of task is important - foundation for attention span laid - shakes head “no” 	<p>When unclothed, may begin to explore body and handle genitals</p>

One to Two Years

Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
13 – 18 months	<p>Interactions with others will expand</p> <p>Has good understanding of caregiver, and will begin to have expectations of how their caregiver responds</p> <p>Reciprocal connectedness forms</p> <p>Has desires to obtain objects or toys to play with</p> <p>Begins to imitate behaviors of caregivers</p> <p>Will grab others hand to get attention</p> <p>Curiosity arises, may ask “what’s that?”</p> <p>Hand toy to adult if unable to operate it</p> <p>Interactions with others continue to assist with understanding social rules and roles for gender</p>	<p>By 18 months,</p> <p>Height: 29 – 32 inches</p> <p>Weight 21 – 29 pounds</p>	<p>Able to walk backwards</p> <p>Enhancement of balance and stability</p> <p>Mastery and integration of body</p> <p>Feeds self, able to use utensils</p> <p>Can take off clothing on their own</p> <p>Walks up steps</p> <p>Throws a ball</p>	<p>Attachment to the caregiver lays the foundation for conscience development</p> <p>Internalization of caregiver, who becomes part of oneself</p> <p>Belief that if I hurt another, I hurt myself begins to develop</p>	<p>May scribble</p> <p>Vocabulary develops</p> <p>Increase in number of words in vocabulary and reaches up to 20 words by 18 months</p> <p>Begins using double-syllable words by 15 months</p> <p>Receptive and expressive language abilities develop</p> <p>Pulls at a wet diaper</p> <p>Can name objects and body parts</p> <p>Tries to sing</p> <p>Able to follow simple instructions</p>	<p>Continued exploration of body, grounded in curiosity</p>

One to Two Years						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
19 - 24 months	Imitation of household behaviors in play becomes helpful	<p>By the age of 2 years:</p> <p>Height: 32 – 36 inches</p> <p>Weight: 22 – 31 pounds</p>	<p>Puts on clothing</p> <p>Able to wash hands</p> <p>Develops more complex motor skills such as:</p> <ul style="list-style-type: none"> - able to climb - able to throw ball overhand - kicks ball forward - jumps in place - can pedal tricycle <p>Gains muscle control for toilet training</p>	<p>Develops sense of autonomy, or willingness and ability to move around and explore world</p> <p>Types of attachment visible</p> <ul style="list-style-type: none"> - secure - insecure 	<p>Can combine 2 different words</p> <p>Follows 2 – 3 step directions</p> <p>Can recognize pictures</p> <p>Understanding of symbols allows for child to use phrases and short sentences.</p> <p>Will add “ing”, plurals, and possessives to words</p>	Sense of curiosity leads to early understanding of the body and bodily functions

Two to Three Years

Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
2 – 3 Years	<p>Imitation becomes primary means of play</p> <ul style="list-style-type: none"> - early imitation of parent/ caregiver behaviors - later, as child approaches 3 years of age, will begin to imitate other children <p>Play is often parallel play, done near, but not with, other children</p> <p>Behavior is easily guided</p> <p>Strives to understand social and gender related rules and roles</p> <p>Has difficulty sharing</p>	<p>By the age of 3:</p> <p>Height: 33 – 42 inches</p> <p>Weight: 24 – 42 pounds</p>	<p>Focuses on mastery of more complex activities</p> <ul style="list-style-type: none"> - standing on one foot - running - jumping - climbing - more skillful use of one hand - balancing on toes <p>Shows a strong desire to continue to attempt to accomplish tasks, even if they aren't realistically possible – this helps develop the skills to achieve the tasks</p> <p>Fine motor skills are enhanced</p> <ul style="list-style-type: none"> - can draw specific shapes - controls movement of pencil or crayon <p>More control over bladder and sphincter muscles</p> <p>Can button clothes</p>	<p>Children strive for a sense of autonomy.</p> <p>Emotional reactions may be strong as child struggles with need for independence</p> <p>Has a desire to be seen and accepted as an individual</p> <p>Identifies preferences</p>	<p>By the age of 3, has a vocabulary of up to 300 words</p> <p>At age 3, can now carry on a conversation</p> <p>May have a short attention span</p> <p>Displays curiosity and will ask questions such as</p> <ul style="list-style-type: none"> - what - where - who <p>Develops a basic sense of time</p> <p>Uses past tense</p>	<p>Behaviors continue to reflect self-exploration and masturbation</p> <p>Easily re-directed by parents based on culturally accepted standards</p> <p>Interest in watching others when undressing or using the bathroom</p> <p>Will ask caregivers questions about sexual body parts, especially breasts and penis</p>

Three to Five Years

Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
3-5 Years	<p>Play moves from parallel to more interactive with other children</p> <p>Toys are often the focus of play</p> <p>Play helps teach social rules</p> <p>Cooperative play can occur</p> <p>By the age of 5, play becomes more cooperative and is clearly governed by rules</p> <p>Improved ability to share</p> <p>Seeking to understand gender roles and identity</p> <p>May pretend to be other gender in play</p>	<p>At age 3, average is 3 feet tall and 33 pounds</p> <p>Gains of about 4 – 5 pounds a year and 3 – 4 inches a year</p> <p>Brain growth slows considerably, with the brain having reached 4/5ths of its adult size</p>	<p>Has good sense of balance and can easily complete a variety of tasks including:</p> <ul style="list-style-type: none"> - running - balancing on toes - jumping - catching and throwing <p>Good hand-eye and hand-finger control</p> <p>Has control of bladder and bowel</p> <p>May appear uncoordinated at times of rapid growth</p> <p>Fine motor skills improve including:</p> <ul style="list-style-type: none"> - cutting with scissors - drawing - writing 	<p>Development of initiative occurs</p> <p>Child is often self-directed and confident</p> <p>Learning how to control emotions and behavior</p> <p>Crying and temper tantrums decrease</p> <p>Tears may turn on and off at will</p> <p>Better able to delay gratification</p> <p>Conscience development occurs as child begins to understand right and wrong</p> <p>Self esteem is dependent upon other people's reactions to them</p>	<p>By the age of 4 ½, knows approximately 1500 words</p> <p>Recognizes colors</p> <p>Can name coins such as penny, nickel and dime</p> <p>By the age of 5, vocabulary is approximately 2,000 words</p> <p>“WHY” is a common question</p> <p>Thought is very egocentric</p> <p>Does not realize other people have their own perspectives</p> <p>Thinking may be illogical or magical</p> <p>Draws figures with 6 parts</p> <p>Short and long term memory improve</p> <p>Learning letters and numbers</p>	<p>Sexual behaviors include masturbation, and may include sexual play with other, same age children</p> <p>Vocabulary may include sexual words, or foul language</p> <p>May have questions about body parts or behaviors</p> <p>Behaviors and questions are based in curiosity</p> <p>May try to compare body parts with other children</p>

School Age Years (6-11)

Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
6 – 11 Years	<p>Relationships with people outside the family become very important</p> <p>Friends often of the same gender, based on common interests or proximity</p> <p>Sports become a way to relate to other children and play</p> <p>Other interests also of importance:</p> <ul style="list-style-type: none"> - school - clubs /activities <p>Rules and roles very important in guiding behavior</p> <p>Needs affection and affirmation from adults</p> <p>Conflict may arise when peer group values differ from parent values</p> <p>Gender identity clear, often tied to social rules and roles</p>	<p>Growth during this time is slow and steady – approximately 3 - 4 inches per year</p> <p>Height: 42 - 52 inches</p> <p>Weight: 40 - 79 pounds</p> <p>Body proportions are similar to adult</p> <p>Girls may experience a growth spurt</p>	<p>Fine and gross motor coordination increasingly better, and children enjoy doing activities that allow them to use these skills, such as art, music or athletics</p> <p>Strength and coordination increase in activities such as</p> <ul style="list-style-type: none"> - riding a bicycle - skating - swimming <p>May begin puberty</p>	<p>Children seek to become industrious, or self-directive, productive and goal oriented</p> <p>Self-awareness improves</p> <p>Introspection becomes possible</p> <p>Children can understand that other people have thoughts, opinions and feelings</p> <p>Sensitive to criticism</p>	<p>Can consider two thoughts simultaneously</p> <p>Improved concept of time</p> <p>Problem solving skills enhance and allow for understanding of cause and effect</p> <p>Become qualitative</p> <p>Concrete thinking</p> <p>A strong sense of fairness</p> <p>Can understand similarities and differences</p> <p>Memory improves</p> <p>Reading and math skills grow</p> <p>Able to take other's perspectives</p> <p>Language enhances relationships</p> <ul style="list-style-type: none"> - active listening - asking questions 	<p>Sex play with other same age children may occur and can include:</p> <ul style="list-style-type: none"> - self-exploration - simulation - kissing - hugging - peeking - touching - exposure of genitals <p>Behaviors are usually limited in type and frequency</p> <p>Behaviors are based on curiosity</p> <p>Easily redirected to stop</p>

Adolescents (12 – 21 Years)						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
12 – 15 Years (Early)	<p>Social relationships important - centered in peer group</p> <p>Strong identification with peer group</p> <p>Social status & acceptance are important</p> <p>Move toward independence from parents</p>	<p>By the age of 15:</p> <p>Height: 5' 4 "</p> <p>Weight: 65 + pounds</p> <p>Growth spurts common:</p> <ul style="list-style-type: none"> - Boys: 12-15 years of age - Girls: 11-14 years of age 	<p>Puberty occurs</p> <p>Rapid physical growth of bones and muscles</p> <p>Menstruation begins for girls (11 – 14 years of age)</p> <p>Male sex organs grow in size, testicles begin to produce semen</p> <p>Brain development increases</p> <p>Sleep is important, and may occur at different times than adults</p>	<p>Primary focus is on identity formation</p> <p>Attitudes and behaviors becoming individualized, no longer based on values and expectations of the family and culture</p> <p>Peer group strong influence on identity and esteem</p> <p>Emotionally labile in early adolescence</p> <p>Emotional response to puberty also occurs</p>	<p>Formal operations may be reached – but not everyone achieves this level of cognitive development. It includes:</p> <ul style="list-style-type: none"> - Able to think hypothetically - Logical thinking - Ability to think about thought - Development of insight - Systematic problem solving 	<p>Often, the early adolescent is ambivalent about sexual relationships</p> <p>Often are shy, embarrassed and self-conscious</p> <p>May develop one on one friendships with person of opposite sex</p> <p>Interest in sexual relationships increases</p> <p>Masturbation may occur</p> <p>Attractions may arise to people of same, opposite or both genders</p>

Adolescents (12 – 21 years cont'd)						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
16 - 21 years (Middle & Late)	<p>Peer group's importance declines, and individual friendships strengthen</p> <p>Dating and one-on-one relationships become more significant</p> <p>Relationships often based on mutual understanding, loyalty and intimacy</p> <p>Youth allowed to have their own feelings and experiences that can differ from others</p> <p>Self-revelation occurs</p> <p>Intimacy is important</p> <p>Begin to develop expectations about their relationships with adults</p> <p>Conflicts with parents grow</p>	<p>Girl's adult stature is achieved</p> <p>Boys continue to grow</p>	<p>Puberty and physical maturation continue</p> <p>Bone and muscle growth continue</p>	<p>Sense of self, apart from peers and family stabilizes</p> <p>Self esteem based on youth's ability to live up to their own standards of behavior</p> <p>Individual identity forms</p> <p>Perspective taking abilities improve</p> <p>Examination of other people's values and beliefs may occur</p> <p>Identity confusion may occur</p> <p>Morality issues occur</p>	<p>Emergence of formal operations continues</p>	<p>Pubertal changes continue</p> <p>Greater interest in sexuality</p> <p>Attraction to others of same, opposite, or both genders</p> <p>Sexual intimacy, intercourse</p> <p>Decisions about sexual orientation, birth control, parenting and partners arise</p>

“SPECS” of Normal Development

Adulthood (21 and on...)						
Age	Social Development	Physical Growth	Physical Development	Emotional Development	Cognitive Development	Sexual Development
1-30 (early)	<p>Commitment to relationships may occur</p> <p>Decisions about parenting and family arise</p> <p>Family stages of development impact personal relationships with others outside of home</p>		<p>Peak of physical ability about age 25</p>	<p>In early adulthood, Intimacy is a key developmental issue.</p> <p>Seek an open, supportive relationship</p>	<p>Formalization of education or training</p> <p>Work becomes an essential outlet for cognitive development</p> <p>Exploration of interest</p>	<p>Strong need for sexual experimentation and intimacy</p> <p>Physical responses peak, and may then slow as pregnancy and family roles appear</p>
30-65 (middle)	<p>Aging of one’s own parents becomes an issue</p> <p>Changing roles may occur as parents allow for adolescent child’s independence</p> <p>As children age, refocus on personal relationship may occur</p>		<p>Vision changes may occur</p> <p>Hand-eye coordination may slow</p> <p>Decrease in muscle mass</p>	<p>In middle adulthood, generativity, or what one does to make things better for future generations is important.</p>	<p>Maximum involvement in career occurs during middle adulthood</p> <p>Work impacts financial and social aspects of one’s identity</p> <p>Later adulthood: Looking to have less critical role in work</p>	<p>In middle adulthood, relationships out side of commitments may be explored</p> <p>Renegotiation of sexual relationships occurs later in adulthood as a result of physical changes and emotional needs</p>
65+ (later)	<p>Roles may change as enter grand parenting roles</p> <p>May develop adult relationships with children</p> <p>Deal with concepts and issues around death and dying</p>		<p>Chronic or degenerative illnesses</p> <p>Senses become less acute</p>	<p>In later adulthood, a sense of integrity is sought</p> <p>Seeking an understanding of one’s life</p> <p>Ability to face death without fear</p>	<p>Concerns about leaving the workforce and how that impacts relationships</p>	<p>Sexualized behaviors may cease</p>