



ELMHURST COUNSELING

Developmental Sequences

<u>Developmental Stage</u>	<u>Developmental Task</u>	<u>Adult Guidance Needs</u>
0-1 <i>Infant</i>	Basic trust Attention Soothing Nurturance	The goal of this period is a successful attachment. The child and the caretaker are experienced as one person through the eyes of the child. Unconditional love.
2-3 <i>Toddler</i>	Early autonomy Exploration Self-control Power struggles	Children learn about their world through play and exploration. The lack of internal control requires that parents set limits while balancing age-appropriate autonomy.
4-5 <i>Preschool</i>	Initiative Testing limits Gaining competence Reality vs. fantasy	Language and motor acquisitions allow for more sophisticated learning. Opportunities to experience mastery generates competence. Model both independent and parallel play.
6-8 <i>School Age</i>	Meeting the world Comfort away Absorbing learning Socialization	Social requirements create an opportunity to measure the self against others. A firm foundation of attachment and limits enables kids to self-soothe if uncomfortable away.
9-10 <i>Preadolescent</i>	Peer influence Role models Do I measure up Gender differences	Emotional and physical changes threaten confidence. Social pressures expose kids to elements of the world that have danger. Kids regress to immaturity when uncomfortable.
11-13 <i>Early Adolescence</i>	Family vs. friends Body image Distancing Experimentation	Relationships are tested both in and out of the home. Selfish preoccupation impairs judgment. Situations have an all or none urgency. Balance understanding with limits.
14-16 <i>Middle Adolescence</i>	Rebellion Sexuality Parent conflict Morals	Teens challenge parental authority to create relationship distance. Increased autonomy allows kids to “try on” adulthood while the safety net is still in place. Limits essential.
17-19 <i>Late Adolescence</i>	Identity Autonomy Values Leaving home	Successful emancipation borrows from the gains of previous developmental stages. Parental values are re-adopted once the consequences of independence are realized.