

# Professional Diploma in Therapeutic Life Story Work

## TLSW Developmental Chart

These pages present typical activities and achievements for children from Prenatal to Adolescence. It is important to keep in mind that the time frames presented are averages and some children may achieve various developmental milestones earlier or later than the average but still be within the normal range. This information comes from work presented by Vera Fahlberg and her developmental milestone charts.

Physical Development	Emotional Development	Social Development	Cognitive Development	Sexual Development
<b><u>Prenatal</u></b>				Touching Genitals
<b><u>Birth to 1 month</u></b> Feedings: 5-8 per day Sleep: 20 hrs per day	Generalized Tension	Helpless Asocial Fed by mother	Makes basic distinctions in vision, hearing, smelling, tasting, touch, temperature, and perception of pain	<b><u>0 to 5 Years</u></b> Learn that touching feels good Explore their bodies Receive nonverbal messages about sex Learn difference in
<b><u>2 to 3 months</u></b> Control of eye muscles Lifts head when on stomach	Delight Distress Smiles at a Face	Visually fixates at a face Smiles at a face Soothed by rocking	Colour perception Visual exploration Oral exploration Cries, coos, grunts	

<p><b><u>4 to 6 months</u></b></p> <p>Feedings: 3-5 per day Control of head and arms Purposive grasping Rolls over Will have double birth weight</p>	<p>Enjoys being cuddled</p>	<p>Recognizes mother Distinguishes between familiar persons and strangers. No longer smiles indiscriminately</p>	<p>Localizes sounds Babbling makes most vowels and about half of the consonants</p>	<p>Gender</p> <p>Ask questions about their body, birth and bodies</p> <p>Curious, accepting and straightforward</p>
<p><b><u>7 to 9 months</u></b></p> <p>Control of trunk and hands Sits without support Crawls about</p>	<p>Specific emotional attachment to mother Protests separation from mother</p>	<p>Enjoys "peek-a-boo"</p>		
<p><b><u>10 to 12 months</u></b></p> <p>Control of legs and feet Stands Apposition of thumb and fore finger</p>		<p>Responsive to own name Wave bye-bye Plays pat-a-cake, understands "no-no!" Gives and takes objects</p>	<p>Says one or two words Imitates sounds Responds to simple commands</p>	<p>Masturbating</p>
<p><b><u>1 to 1 ½ years</u></b></p> <p>Creeps up stairs, walks (10-20 min)</p>	<p>Dependent Behaviour Very upset when separated from mother Fear of Bath</p>	<p>Obeys limited commands Repeats a few words Interested in his mirror image Feeds himself</p>	<p>Makes lines on paper with crayon</p>	

<p><b><u>1 ½ to 2 years</u></b></p> <p>Runs, kicks a ball</p> <p>Builds 6 cube tower</p> <p>(2yrs) Bowel and bladder control</p>	<p>Temper tantrums (1-3yrs)</p> <p>Resentment of new baby</p>	<p>Does opposite of what he is told (18 months).</p>	<p>Vocabulary of more than 200 words</p> <p>Sleep 12 hours at night</p>	
<p><b><u>2 to 3 years</u></b></p> <p>Walks well and runs</p> <p>Up and down steps alone</p> <p>Seats self on chair</p> <p>Independent in toileting</p> <p>Uses spoon and fork</p> <p>Imitates circular stroke</p> <p>Turns pages singly</p> <p>Kicks ball</p> <p>Attempts to dress self</p>	<p>Self-centered</p> <p>Beginning sense of personal identity/ belongings</p> <p>Often frustrated</p> <p>No ability to choose between alternatives</p> <p>Enjoys physical affection</p> <p>Resistive to change</p> <p>More responsive to humour and distraction than discipline or reason</p> <p>Fear of separation</p> <p>Violent emotions; anger</p> <p>Differentiates facial expressions of anger, sorrow, and joy.</p> <p>Sense of humour</p>	<p>Solitary play</p> <p>Dependent on adult guidance</p> <p>Plays with dolls</p> <p>Refers to self by name</p> <p>Little concept of others as "people."</p> <p>May respond to simple direction</p> <p>Talks, uses "I" "me" "you" Copies parents' actions.</p> <p>Dependent, clinging, possessive about toys</p> <p>Enjoys playing alongside another child</p> <p>Resists parental demands</p> <p>Gives orders</p> <p>Rigid insistence on routine</p> <p>Inability to make decisions</p>	<p>Says 272 words</p> <p>Phrases and simple sentences, controls and explores world with language</p> <p>Understands simple directions</p> <p>Identifies simple pictures</p> <p>Likes to look at books</p> <p>Short attention span</p> <p>Avoids simple hazards</p>	

<p><b>3 to 4 years</b></p> <p>Stands on one leg          Jumps up and down          Draws a circle, a cross          Runs well and Marches          Rides tricycle          Imitates cross          Feeds self well          Puts on shoes and socks          Unbuttons and buttons          Build tower of 10 cubes          Pours from pitcher</p>	<p>Affectionate toward parents          Pleasure in genital manipulation          Romantic attachment to parent of opposite sex          Jealousy of same-sex parent          Imaginary fears of dark injury          Likes to conform          Easy going attitude          Not so resistive to change          Has ability to choose between alternatives            Greater sense of personal identity          Beginning to be adventuresome</p>	<p>Likes to share          Uses "we"          Cooperative play with other children          Imitates parents          Beginning of identification with same-sex parent          Practices sex-role activities          Intense curiosity &amp; interest in other children's bodies          Imaginary friend          Parallel play          Enjoys being by others          Takes turns          Knows if he is a boy or girl          Enjoys brief group activities requiring no skill          Likes to "help" in small ways-- responds to verbal guidance</p>	<p>Self-sufficient in many routines of home life          Says short sentences          896 words          Great growth in communication          Tells simple stories          Uses words as tools of thought          Imaginative          Wants to understand environment          Answers questions          May recite nursery rhymes          Enjoys music</p>	
<p><b>4 to 5 years</b></p> <p>Mature motor control,          Skips          Dresses self          Copies a square and</p>	<p>Responsibility and guilt          Feels pride in accomplishment          Seems sure of self          Out of bounds behaviour</p>	<p>Prefers to play with other children          Becomes competitive prefers sex-appropriate activities          Cooperative play</p>	<p>Talks clearly          Uses adult speech sounds          Mastered basic grammar          Relates a story          Knows over 2,000 words</p>	<p>Will want privacy          Become shy          Ask fewer questions</p>

<p>triangle</p> <p>Draws "Man"</p> <p>Cuts with scissors</p> <p>Can wash and dry face</p> <p>Dress self</p> <p>Throws ball overhand</p>	<p>Often negative</p> <p>Maybe defiant</p> <p>Seems to be testing themselves out</p> <p>Needs controlled freedom</p>	<p>Highly social</p> <p>May play loosely organized group games</p> <p>Talkative</p>	<p>Uses complete sentences</p> <p>Asks endless questions</p> <p>Learning to generalize</p> <p>Highly imaginative</p> <p>Dramatic</p> <p>Can draw recognizable simple objects</p>	
<p><b><u>5 to 6 Years</u></b></p> <p>Hops and skips</p> <p>Dresses without help</p> <p>Good balance</p> <p>Smoother muscle action</p> <p>Skates and scooter</p> <p>Prints simple letters</p> <p>Ties shoes</p> <p>Girls small muscle development about 1 year ahead of boys</p>	<p>Self-assured and Stable</p> <p>Home-centered</p> <p>Likes to associate with mother</p> <p>Capable of some self-criticism</p> <p>Enjoys responsibility</p> <p>Likes to follow the rules</p>	<p>Highly cooperative play</p> <p>Has special "friends"</p> <p>Highly organized</p> <p>Enjoys simple table games requiring turns and observing rules</p> <p>Feels in pride clothes and accomplishments</p> <p>Eager to carry out some responsibility</p>	<p>Tells long stories</p> <p>Carries out direction well</p> <p>Reads own name</p> <p>Counts to 10</p> <p>Asks meaning of words</p> <p>Knows colours</p> <p>Beginning to know difference between fact and fiction</p> <p>Interested in environment shops etc</p>	<p>Think in good and bad terms about their body</p> <p>Aware of bodily functions</p> <p>Their link to sex</p> <p>Same gender oriented</p> <p>Discomfort about discussion around sex</p> <p>Sensitive to 'feeling', masturbation and exploration</p>
<p><b><u>6 to 10 Years</u></b></p>	<p>Sorts out right and wrong</p>	<p>Gains understanding and Control of life outside of family</p> <p>Able to reason</p>	<p>Sense of time and space</p> <p>Development of Conscience</p>	<p>Learnt from adults it is not OK to talk about sex</p> <p>Touching feelings good</p>

<p><b><u>10 to 16 Years</u></b></p> <p>Puberty starts</p> <p>See Sheet Attached</p> <p>As Boys' and girls' development differs</p>	<p>Strong emotional feelings</p> <p>Consolidation of a sense of identity</p>	<p>Make sense of who you are and your place in the world</p> <p>Need to assert independence from the family</p> <p>Relationships outside family</p>	<p>Questions adults</p> <p>Changing view of the world</p>	<p><b><u>10 to 14 Years</u></b></p> <p>Beginning of puberty</p> <p>Sexual feelings</p> <p>Confused about body change</p> <p>Confused, embarrassed and self-conscious</p> <p>Influenced by media and peers</p> <p>Difficult to see the Cause and Effect of their behaviour</p> <p><b><u>14 Years and Over</u></b></p> <p>Want to be In Control of self</p> <p>See difference between own needs and the needs of others</p> <p>Forming their identities and self- concepts</p> <p>Approximately ½ will be sexually experienced</p> <p>Feel sex is part of the adult world, the world they want to be a part of</p>
--	--	---	---	--

## Sexual and Physical Development in Puberty Girls and Boys

Puberty Information for Girls	Both	Puberty Information for Boys
<p>Begins 8 to 13 years</p> <p>First Sign – Breast Development</p> <p>1 year after puberty begins - Peak growing period in weight, height, breast development.</p> <p>2 years after puberty begins – Menstruation starts</p> <p>Breasts – Develop</p> <p>Hair Growth – Pubic area, underarms and on legs</p> <p>Body Shape – Hips widen, waist gets smaller, build up fat on stomach, buttocks and legs.</p> <p>Menstruation – Most girls get their periods between 9 and 16 years</p>	<p>About 25% of Human growth in height occurs during puberty</p> <p>Body Shape -Arms, legs, hands and feet grow faster than the rest of the body. May feel a little clumsier</p> <p>Skin - may get oilier, High hormone levels resulting in acne</p>	<p>Boys 9 to 14 years</p> <p>First Sign – Enlargement of testes and a thinning and reddening of the scrotum</p> <p>2 years after puberty begins – Peak growing people</p> <p>Voice – Gets deeper</p> <p>Hair Growth – Underarms, legs, face and above penis (sometimes chest hair)</p> <p>Penis and testes – get larger, more erections due to hormone increases (sometimes no reason)</p> <p>Sperm – produce starts, 'wet dreams' (non sexual)</p> <p>Involuntary Erection- sign the body is maturing</p> <p>Breast enlargement – for a few months</p> <p>Uneven testicles – normal and common</p>