

# SELday

## Resource for Parents: Knowing Your Children Developmentally

Knowing your child's developmental milestones is a thrill during their early development. Marking the first word and first step are something parents are eager to note. Once children enter their pre-school years, that development is often less celebrated or even known.

The *Responsive Classroom* approach is grounded in understanding and responding to expected development in children's social, emotional, cognitive, and physical growth. [Yardsticks: Child and Adolescent Development Ages 4-14](#) by Chip Wood is the preeminent guide for educators and families alike for understanding and addressing child development through the elementary and middle school years.

Celebrate SEL Day by learning about your child's development by reviewing the following short articles adapted from *Yardsticks*. While these descriptions provide information for developmental traits typical of a particular age, it is also typical for children and adolescents to experience peaks, valleys, and plateaus; developmental stages may be reasonably predictable, but the pace with which individuals move through those stages varies over time and from person to person. Therefore, in addition to reading the description that corresponds to your child's chronological age, we recommend that you read the descriptions above and below that age as well. You will likely notice that your child exhibits traits from more than one developmental age, and this knowledge can help you understand your child's behaviors more clearly.

As you read the age descriptions below, think about how you can support your child's social and emotional development with your new understanding of their developmental traits. You can also use the chart of key developmental traits by age available on the Center for Responsive Schools [website](#) to track the growth and development you observe in your child.

*Yardsticks* Developmental Descriptions:

[The Phenomenal Fives](#)

[The Energized Eight-Year-Old](#)

[The Twixt Twelve-Year-Old](#)

[The Feisty 5½-Year-Old](#)

[The Notable Nine-Year-Old](#)

[The Thriving Thirteens](#)

[The Sensational Six-Year-Old](#)

[The Terrific Tens](#)

[The Fervent Fourteens](#)

[The Seeing Seven-Year-Old](#)

[The Electric Elevens](#)