

THINKING

- Thinks of what she will do when she grows up
- Focuses on things she can experience here and now.
- Improves her skills to defend herself.
- Has the ability to apply concepts to specific examples.
- Learns to recognize that current actions can have an effect on the future.
- Starts to set goals for the future.
- Improves decision making skills.
- Learns to distinguish fact from opinion.
- May challenge the assumptions and solutions presented by adults.

SOCIAL AND EMOTIONAL

- Uncertain, unhappy, moody and sensitive.
- Spends a lot of time alone, needs privacy.
- Concerned with body image.
- Begins to avoid togetherness with adults.
- Recognizes weaknesses and strengths.
- Able to imagine the range of possibilities life holds.
- Likes to be involved in many extracurricular activities.
- Very anxious to be liked.
- May have eating problems.

- Still depends on parental guidance.
- Plans her own social and recreational activities.
- Avoids difficult tasks.

NO CHILD LEFT BEHIND



5770 Fagatogo
Pago Pago, American Samoa 96799
Phone (684)699-6074
Fax (684) 699-6098

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AMERICAN SAMOA PARENTAL
INFORMATION RESOURCE CENTER



Tips on Children's Developmental Milestones

12 to 14 Years

Child development is a process every child goes through. This process involves learning and mastering skills like sitting, walking, skipping, and tying shoes. Children learn these skills, called developmental milestones, during predictable time periods. From kindergarten through high school, youth pass through four developmental stages. Specialists often identify these stages as:

- **Infancy and Toddlers: Ages 0-2**
- **Pre-Schoolers: Ages 3-4**
- **Early Childhood: Ages 5-8**
- **Middle Childhood: Ages 9-11**
- **Early Adolescence: Ages 12-14**
- **Middle Adolescence; Ages 15-18**

The four main areas of development milestones where children's skills are measured are:

1. Physical
2. Social and Emotional
3. Thinking
4. Communication

Although children differ in the rate at which they develop, the order of the stages does not vary. While it is extremely important to remember that every child is unique and special in his or her own right, some needs and interests are universal to all children to ensure successful development. For example:

- Children need to experience a positive self concept.
- Children need to experience success in what they attempt to do.
- Children need to become increasingly independent.
- Children need to give and receive attention.
- Children need to experience adventure.
- Children need to be accepted by people of different ages - peers as well as those in authority.

These needs continue from infancy through old age. Other needs vary for different children and different age. Children develop at their own pace, and all characteristics will not be observed in all children at the same age or at the same stage of development. Keep in mind the following two basic development principles.

1. Age is not a perfect predictor of maturity. Most children go through predictable order, but ages at which they do this will vary enormously. An activity that is well within the capability of one child may be much difficult for another child exactly the same age.

2. Growth may proceed at different rate in various developmental areas within an individual child. A child who is advanced physically may be average in terms of mental ability and below average in terms of emotional and social growth. A child may need different experiences in each of these areas to reach his or her full potential.

PHYSICAL

- Appetite is great
- Need for sleep increases.
- Interested in activities involving boys and girls.
- Interested in sports and active games.
- Ready for in-depth learning experiences.
- Takes responsibility in planning and evaluating her own work.
- Gain skills in social relations with peers and adults.

COMMUNICATION

- Expresses feeling through talking.
- Likes fan clubs. Many may have older adult idols.
- Wants to get outside of her own community to explore getting over the age of fantasy
- Gives and receives attention.
- Experiences adventure.
- Concentrates on developing individual skills.
- Willing to spend time to discuss values and morals.
- Still depends on parental guidelines.