

<b>SCHOOL-AGED DEVELOPMENT</b>	
<b>PHYSICAL</b>	
<b>Ages 5-9</b>	<b>Ages 9-11</b>
<ul style="list-style-type: none"> <li>• Dress themselves.</li> <li>• Catch a ball more easily using only their hands.</li> <li>• Tie their shoes.</li> <li>• There may be big differences in height, weight, and build among children of this age range. It is important to remember that genetic background, as well as nutrition and exercise, may affect a child's growth.</li> <li>• Slow, steady growth (4 inches per year).</li> <li>• Use physical activities to develop gross and fine motor skills.</li> <li>• Motor &amp; perceptual motor skills better integrated.</li> </ul>	<ul style="list-style-type: none"> <li>• Some children in this age range start to enter puberty.</li> <li>• Girls develop secondary sex characteristics: <ul style="list-style-type: none"> <li>○ Breast development</li> <li>○ Underarm and pubic hair growth</li> </ul> </li> <li>• Boys develop secondary sex characteristics: <ul style="list-style-type: none"> <li>○ Growth of underarm, chest, and pubic hair</li> <li>○ Growth of testicles and penis</li> </ul> </li> </ul>
<b>COGNITIVE</b>	
<b>Ages 5-9</b>	<b>Ages 9-11</b>
<ul style="list-style-type: none"> <li>• Show rapid development of mental skills.</li> <li>• Learn better ways to describe experiences and talk about thoughts and feelings.</li> <li>• Have less focus on one's self and more concern for others.</li> <li>• Able to use simple, but complete, sentences that contain an average of 5 to 7 words. As the child goes through the elementary school years, grammar and pronunciation become normal.</li> <li>• Follow a series of 3 commands in a row.</li> <li>• Should be able to focus on a task for 15 minutes.</li> </ul>	<ul style="list-style-type: none"> <li>• Face more academic challenges at school.</li> <li>• Become more independent from the family.</li> <li>• Begin to see the point of view of others more clearly.</li> <li>• Have an increased attention span – should be able to focus attention for about an hour.</li> <li>• Follow a series of 5 commands in a row.</li> </ul>

<b>SOCIAL/EMOTIONAL</b>	
<b>Ages 5-9</b>	<b>Ages 9-11</b>
<ul style="list-style-type: none"> <li>• Show more independence from parents and family.</li> <li>• Start to think about the future.</li> <li>• Understand more about his or her place in the world.</li> <li>• Pay more attention to friendships and teamwork.</li> <li>• Want to be liked and accepted by friends.</li> <li>• Has questions about pregnancy, intercourse, sexual swearing, look for nude pictures in books, websites, magazines.</li> <li>• Can accurately recognize and consider others' viewpoint.</li> <li>• Can remember events from months, or years, earlier.</li> <li>• More effective coping skills.</li> <li>• Understands how his behavior affects others.</li> <li>• Can recognize others' perspectives, can't assume the role of the other.</li> <li>• Can recognize difference between behavior and intent.</li> <li>• 5-6 yrs.: believe rules can be changed.</li> <li>• 7-8 yrs.: strict adherence to rules.</li> <li>• Friendships are situation specific.</li> <li>• Understands concepts of right and wrong.</li> <li>• Rules relied upon to guide behavior and play, and provide child with structure and security.</li> </ul>	<ul style="list-style-type: none"> <li>• Start to form stronger, more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.</li> <li>• Growing independence from the family and interest in friends.</li> <li>• Experience more peer pressure.</li> <li>• Become more aware of his or her body as puberty approaches. Body image and eating problems sometimes start around this age.</li> <li>• Games with peeing, sexual activity (e.g., strip poker, truth/dare, romantic relationships, flirting, some kissing, stroking/rubbing, re-enacting intercourse with clothes on).</li> <li>• 9-10 yrs. - rules can be negotiated.</li> <li>• Takes on more responsibilities at home.</li> <li>• Less fantasy play, more team sports, board games.</li> <li>• Morality: avoid punishment; self-interested exchanges.</li> </ul>

**Adapted from:**

National Institutes of Health. (2019, April). School-age children development: MedlinePlus Medical Encyclopedia. Retrieved from <https://medlineplus.gov/ency/article/002017.htm>

Center for Disease Control. (2019, February). Middle Childhood (6-8 years old). Retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>

Center for Disease Control. (2019, February). Middle Childhood (9-11 years old). Retrieved from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>