

Example Developmental Tasks, ages 0-22 years

Ages	Learned Tasks	
0-18 months	<ul style="list-style-type: none"> • If basic physical needs are met, ability to trust begins to develop • Development of specific wants, i.e. pursues a favorite toy • Believing that their needs are important • If child experiences loving touch, ability to love and feel loved and worthy of being cared for begins to develop 	<ul style="list-style-type: none"> • Establishing a bond with their caretakers • Exploring their world and their own bodies • Identity as a male or female begins to develop
Ages 18 mo – 2 years	<ul style="list-style-type: none"> • Becoming more independent and learning to be more self sufficient • Beginning to see themselves as separate from the parent • “Owning things” – this age group does not like to share (even things that are not their own!) 	<ul style="list-style-type: none"> • Beginning to identify feelings and express them in appropriate ways • Learns by imitation of modeling • If parents support child’s budding independence, confidence develops • Development of the ability to anticipate and solve simple problems
Ages 2 - 6	<ul style="list-style-type: none"> • Learning how to plan out and engage in a task • Continuing to explore their world and discover how it works • Learning how to use power • Learning that behaviors have consequences • Acquiring socially appropriate behavior 	<ul style="list-style-type: none"> • Become curious about the human body • Learn to pretend and engage in fantasy play • Need for warm and loving parents who set good limits and establish clear, consistent rules with consequences
Ages 7 - 11	<ul style="list-style-type: none"> • Mastering difficult tasks • Accepting and following rules and internalizing them • Developing responsibility • Learning many new skills, including social skills (especially same-sex peer relationships) • Selecting adult role models of the same sex • Continuing to learn how the world works 	<ul style="list-style-type: none"> • Increasing their independence • Enhancing their ability to reason • Becoming more cooperative • Good or poor self-esteem continues to develop as children master or fail new tasks • Ability to recognize individual differences and take on others’ points of view develops
Ages 12-18	<ul style="list-style-type: none"> • Establishing their own identity • Separating emotionally from parents • Experimenting with different values and deciding their own values • Learning about how to relate to the opposite sex 	<ul style="list-style-type: none"> • Beginning to renegotiate relationships with family members • The process of questioning traditional customs, laws and values begins • The opinions and thoughts of peers, as well as peer relations, are extremely important to the adolescent
Ages 19 - 22	<ul style="list-style-type: none"> • Complete the process of physical maturation, usually attaining full adult height • Move into adult roles and responsibilities and may learn a trade, work, and/or pursue higher education • Fully understand abstract concepts and be aware of consequences and personal limitations • Identify career goals and prepare to achieve them • Secure their autonomy and build and test their decision-making skills 	<ul style="list-style-type: none"> • Develop new skills, hobbies and adult interests • Move into adult relationships with their parents • See the peer group as less important as a determinant of behavior • Have greater intimacy skills • Establish their body image and have more understanding of their own sexual orientation • Shift their emphasis from self to others