

# THE BABYSITTER'S BACKPACK



## Lesson 1, Printable 2:

### “Ages & Stages: Quick Reference”

#### **Baby: 0 – 12 months**

- + At about 3 months, babies can begin to hold their heads up.
- + Typically at about 6 months, babies can sit up with help and will turn toward sounds.
- + At 9 months, most babies are starting to crawl.
- + Around age 1, babies start to walk, begin saying several words, and can drink from a cup.
- + At this age, never leave a baby by himself.

#### **Toddler: 1 – 3 years**

- + At age two, toddlers can say up to 100 words and understand around 300 words. They stand on their own, can feed themselves, like to try and help adults, and enjoy taking things apart.
- + By age three, toddlers are independent. They can walk and run, speak in small sentences, play pretend, play simple games, and show their emotions.

#### **Early Childhood: 3 – 5 years**

- + Preschoolers need to be physically active.
- + They are learning to share and make friends.
- + At this age, they love doing art projects and being messy.
- + Preschoolers enjoy being outside and are curious about the world.

- + This age has a short attention span and likes going from one activity to another quickly.
- + Preschoolers can be very sensitive and can have their feelings hurt easily

#### **Middle Childhood: 5 – 10 years**

- + Children at this age like to be with other children of the same sex.
- + These children have a lot of energy and enjoy large body movement and high-energy activities.
- + This age admires older children and wants to be like them.
- + Children in middle childhood vary in academic ability. It works best to encourage each one individually and not compare one child with another.
- + This age loves to have fun, play games, and enjoys being outside.

#### **Adolescence: 11 – 18 years**

- + Sometimes, you may have to babysit a family that has an 11 or 12 year-old child. This is hard for that child because she probably feels that she doesn't need a babysitter. Try to be mindful of an adolescent's feelings when you run into this situation.
- + Children at this age are often awkward and experiencing a lot of body changes.
- + At this age, children can be employed to help. They like and need responsibility.
- + Adolescents can be emotional and often experience sudden mood changes.