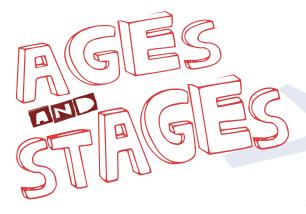# THE BABYSITTER'S BACKPACK

AGES AND STAGES

We don't stay the same forever!

THE BEST BABYSITTERS **UNDERSTAND HOW KIDS** CHANGE **AS THEY** GROW **THROUGH** DIFFERENT STAGES

BABIES
0-12 MONTHS

3-6 months
+ **Begins to hold head up**
+ **Can sit up with help; roll over**
+ **Will turn toward sounds**

9-12 months
+ **Starts to crawl**
+ **Begins saying several words**
+ **Able to drink from a cup**
+ **Starts to walk**

TODDLERS
1-3 YEARS

2 years
+ **Can say 100 words**
+ **Understands ~300 words**
+ **Stands on their own, feeds self**
+ **Likes to help adults**
+ **Enjoys taking things apart**

3 years
+ **More independent**
+ **Speaks in small sentences**
+ **Can walk, run**
+ **Plays pretend, simple games**
+ **Shows their emotions**

PRESCHOOL
3-5 YEARS

+ **Need physical activity**
+ **Learns to share, make friends**
+ **Loves being messy**
+ **Enjoys art projects**
+ **Enjoys being outside**
+ **Are curious about the world**
+ **Short attention span; likes going from one activity to another quickly**
+ **Can be very sensitive; their feelings are hurt easily**

MID-CHILDHOOD
5-10 YEARS

+ Likes being with the same gender
+ Enjoys lots of movement, high-energy activities
+ Admires older kids; wants to be like them
+ Loves to have fun, play games
+ Encourage each one individually; do not compare one child with another

ADOLESCENCE
11-17 YEARS

+ Often awkward, self-conscious
+ Experiences a lot of physical & mental changes
+ Can be employed to help
+ Likes and needs responsibility
+ Can be emotional with sudden mood changes

AGES AND STAGES

ACTIVITIES BY AGE

Infants
+ Play peek-a-boo
+ Stack plastic bowls or cardboard boxes
+ Read them a board book

Toddlers
+ Play-dough
+ Help them color a picture
+ Try finger painting

Preschoolers
+ Have them make a book or their own story
+ Color or paint a picture
+ Pretend to go on an amazing adventure
+ Dance

Middle Childhood
+ Draw pictures together
+ Let them read to you
+ Play board games

Adolescence
+ Ask them to help you make meals or snacks
+ Give them a specific job
+ Let them think of activities to do with the younger children