



# 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