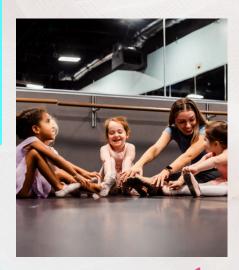
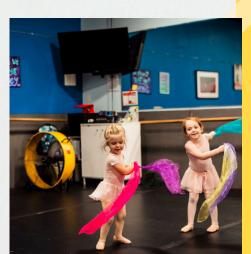
# PARENTING CHEAT SHEET: What to Expect at Every Age (2-18)



## 2 yrs old

- Little Communicators:
  Expect lots of gestures and one-word sentences.
- Playtime Practice: They're just starting to learn how to interact with others.
- Quick Shifts: Short attention spans mean frequent activity changes.
- Growing Independence: You'll hear a lot of "I do it!" as they explore on their own.





#### 3 yrs old

- Getting Steady: Their balance and physical stability are improving.
- More Focus: Attention spans are getting a little longer hooray!
- Chatter Time: You'll notice more words and simple sentences.
- Classroom Ready: They're beginning to grasp basic concepts and routines.

#### 4 yrs old

- Rule Followers: They're starting to understand and follow simple rules..
- Balancing Act: Improved balance means more confident play.
- Little Chatters: Speech is clearer and conversations are longer.
- Making Friends: They're beginning to form real friendships and connect with peers.

# 5 yrs old

- Focused & Ready: Attention spans are longer, and they can handle more complex tasks.
- Coordinated Movers & Pattern Pros: They're mastering more advanced patterns and routines.
- Steady Friendships: You'll see stronger, more stable connections with peers.
- Big Feelings: Emotional understanding is growing, with more empathy and awareness.





### 6-7 yrs old

- Social Butterflies: Enhanced social skills and a love for conversation.
- In Control: Better body awareness and coordination.
- Emotional Growth: Developing empathy and understanding feelings.



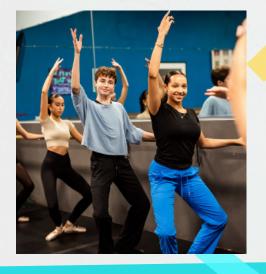
# 8-10 yrs old

- Great Communicators: Clearer, more thoughtful conversations.
- Attention Pros: They can focus for longer periods.
- Body Aware: Mastering complex physical skills and movements.
- Classroom Stars: Strong behavior and participation in structured settings.



#### 11-13 yrs old

- Growth Spurts: Their bodies are changing fast, and so is their selfawareness.
- Emotional Highs & Lows: Sensitivity and big feelings are part of the package.
- Seeking Maturity: They want to act grown-up but still need guidance.



#### 16-18 yrs old

- Mature & Confident: Stepping into adulthood with growing self-assurance.
- Ready for Life: Preparing for independence and adult responsibilities.
- Resilient & Strong: They can take on tough feedback and keep moving forward.
- Respect Matters: They value being treated like the emerging adults they are.

# 14-15 yrs old

- Strong & Capable: Adultlike strength and coordination are kicking in.
- Emotional Stability: They're finding balance and managing feelings better.
- Goal Getters: Driven by goals and more focused on their passions.
- Open to Feedback: They handle criticism well and use it to improve.



