

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 self-awareness.
- **Emotional Highs & Lows:** Sensitivity and big feelings are part of the package.
- **Seeking Maturity:** They want to act grown-up but still need guidance.



14-15 yrs old

- **Strong & Capable:** Adult-like 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.

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.

