

Early Developmental Age Group	Instructions: Identify at least 3 (but no more than 5) bullet points for each of the following age groups. I got you started with examples for some of the cells. No need to cite in APA format.				
	Typical developmental achievements or behaviors	Theorists & theories relevant to this group	Challenges/stressors of being in the hospital	Common behaviors when feeling stressed, afraid, anxious	Ways to promote coping, ideas for child life intervention
Infant	• Learning to trust caregivers • Separation anxiety • Rolling over, sitting up, and standing • Recognize sounds and voices	• Bowlby's attachment theory • Freud's psychosexual development theory • Jean Piaget's cognitive development theory • Vygotsky's sociocultural theory	• Loss of routine • Separation from caregiver • Sensory stimulation	• Rejects strangers • Clinging to caregiver • Crying fits	• Consistent routines • Parental participation • Create a comfortable and infant friendly environment • Sensory friendly toys
Toddler (1-3 years)	• Develops trial and error • Putting words together • Can follow simple directions • Symbolic play	• Erikson's autonomy vs shame development theory • Piaget's preoperational stage theory • Kohlberg's preconventional stage theory	• Fear of strangers and new places • Fear of being abandoned • Fear of moving medical equipment connected to them • Fear of losing control	• Regression • Asking lots of questions • Stubbornness	• Medical and therapeutic play • Parental involvement • Sensory toys

Preschool (3-6 years)	• Talking in sentences • Shows greater independence • Preoperational thinking • Goal directed behaviors	• Vygotsky's zone of proximal development theory • Erikson's initiative vs guilt theory • Kohlberg's moral development theory	• Inability to distinguish reality and fantasy – think that hospitalization is punishment for wrongdoing • Fear of bodily harm • Separation anxiety	• Emotional outbursts and tantrums • Avoidance • Difficulty cooperating	• Giving child the option of choice • Playroom – or provide toys and art supplies to their room. • Talk to child on their level of understanding
School Age (6-12 years)	• Develop control, coordination, and balance • Concrete thinking • Has close relationships with friends • Increased interest in the opposite sex	• Kohlberg's moral development theory • Piaget's cognitive development theory • Vygotsky's sociocultural developmental theory	• Concerns about imminent death • Anxiety about going under anesthesia • Loss of independence • Separation from school and extracurricular activities	• Tense and fidgety • Avoiding everyday experiences • Having bad dreams • Aggressive behavior	• Taking walking breaks • Breathing exercises • Medical play

Adolescent (12-18 years)	• Able to think abstractly • Develop a clearer sense of personal and sexual identity • Develop a stronger sense of emotions • More aware of their body image • Stronger peer relationships	• Erikson's stages of psychosocial development • Piaget's cognitive development theory • Kohlberg's moral development theory	• Loss of privacy • Separation from friends • Fear of change in body image • Concerns of keeping up with schoolwork	• Depression, withdrawal • Acting out • Not eating properly • Constantly worrying	• Maintain contact with peer group • Offer mental health services • Procedural preparation
Young Adult	• Develop empathy • Form adult relationships • Develop intimate relationships • Establish likes, dislikes, and preferences • Develop critical thinking skills	• Arnett's emerging adulthood theory • Erikson's psychosocial development theory • Bowlby's attachment theory	• Isolation from peers • Loss of independence • Loss of identity	• Trouble sleeping • Irritable • Difficulty concentrating	• Provide privacy to patient • Offer different support system groups • Help answer questions and talk out decisions