

Child development: 6 to 12 years old



All children grow and develop at different rates. Your child gives you clues about the way his own body and mind develop as he grows, such as:

- The way that he learns, acts, plays and speaks.
- Certain clues called milestones. These can give you an idea about your child's progress.

School age milestones

At this age, your child is more physically active. Friends are important to him. Your child should be able to:

- Think clearly.
- Understand a problem or situation.
- Do better talking about thoughts and feelings.
- Start to speak like his friends do and repeat what he hears on TV.
- Ask and answer questions.
- Talk to and understand others.
- Become stronger.
- Begin to read and write.
- Dress himself.
- Want to be accepted by his friends.
- Like playing in groups.
- Want more freedom.

Tips to help your child grow and develop

- Let your child exercise and play each day.
- Let your child try different things (such as music, sports or art).
- Spend time with your child.
- Meet the families of your child's friends.
- Help your child to sleep 8 to 10 hours each night:
 - Limit cell phone, computer and TV use for 1 hour before bedtime.
 - Provide a quiet evening routine.
 - Limit drinks with caffeine (such as tea and sodas).
- Provide your child with healthy snacks and food, such as:
 - Fruits and vegetables
 - Yogurt and reduced-fat milk
 - Whole grain breads, cereals and crackers
 - Lean meats, eggs and cheese

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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Questions to ask your child's doctor

- What should I do if I am worried about my child's growth?
- How can I find more information on child development?

As a parent, you know your child best! If you are concerned that your child is not reaching these milestones or is reaching them much later than other children, please talk with your child's doctor.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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