

DEVELOPMENTAL TASKS – AGES AND STAGES

The primary developmental tasks at various ages and stages of development provide an important framework or “developmental lens” that is critical to understanding typical development and the potential impact of trauma on children and adolescents.

AGES AND STAGES	PRIMARY DEVELOPMENTAL TASKS
Early Childhood (Birth to 5)	<ul style="list-style-type: none">• Becoming attached• Learning self-regulation and modulation of feelings• Cognitive development• Coping with shame and guilt
School-Aged Child (6-11 years)	<ul style="list-style-type: none">• Developing competency at many tasks• Developing relationships with peers• Developing a sense of right and wrong• Accepting responsibility for own behavior• Becoming more competent at controlling feelings and impulses• Increasing store of knowledge and ability to think abstractly
Adolescence (12 + years)	<ul style="list-style-type: none">• Developing their own stable sense of identity• Coping with emerging sexual urges• Continued growth in ability to reason abstractly• Struggles with family about separation and autonomy• Develop intimate relationships outside the family