

Child development: 6 to 12 years old



All children grow and develop at different rates. Your child gives you clues about the way their body and mind develop as they grow. This includes:

- The way they learn, act, play and speak.
- Their milestones, which give you an idea of your child's progress.

School age milestones

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

- Think clearly.
- Understand a problem or situation.
- Do better talking about thoughts and feelings.
- Start to speak like their friends and repeat what they hear on TV.
- Ask and answer questions.
- Talk to and understand others.
- Get stronger.
- Begin to read and write.
- Dress themselves.
- Want to be accepted by their 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! Please talk with the doctor if you are concerned that your child is not reaching these milestones or is reaching them much later than other children.

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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