

# Child Development

## **Phases based on age**

We will discuss each of these types of development in relation to three distinct phases based on age. The **preschool period** ranges from three through six years, **middle childhood** ranges from six through twelve years, and **adolescence** ranges from twelve through twenty-one years.

## **Physical Development**

A great deal of physical development occurs from age three through twenty-one. Chris will grow taller and heavier, his nervous system and muscles will grow, and his ability to engage in certain physical behaviors, such as sports, will improve.

## **Cognitive Development**

Children and adolescents also experience significant cognitive development. Chris will increasingly acquire the ability to learn, solve problems, and form memories.

## **Social Development**

Chris will also undergo social development as he experiences changes in his relationships with his family, peers, culture, and society.