



Staff Relief Inc.

Age Specific Competencies

When a baby is between 1 to 2 months, it should hold its head in alignment when prone, displays startle reflex in response to loud sounds, follow object with their eyes and vocalize sounds such as cooing, sighs, and gurgles.

An infant usually starts smiling at 2 to 4 months and at 6 months will double their birth weight along with beginning teeth eruption.

At 6 to 8 months they will turn towards a sound and at 8-10 months they begin to creep/pull to stand, pincer grasp and able to solve simple problems. Evidence of a “stanger” or separation anxiety.

“NO” is a favorite word for the 15 to 24 months (2 year olds) and they run more quickly with fewer falls as well as pull toys and walk sideways.

Presumes everyone thinks like them. State law requires children to be in a car seat while riding in a car. Preschoolers love to run and jump and play with others. Schools are teaching sexual abuse prevention as young as kindergarten. As the child begins school they are now able to receive simple instruction and they become more modest. Many parents believe in being strict and controlling but a adolescent will thrive if not so constricting and the parents are more open to communication. Sometimes the stress of school is hard resulting in the adolescent wanting to cause harm to self such as verbalizing suicidal thoughts. The parents and teachers should that this seriously. Adolescents age is considered between 12 thru 19.

Once they become a young adult, maximum growth and development has been reached with all body systems at peak efficiency. Erikson, felt that the first years of this stage are involved with attaining intimacy. They are concerned about the finances and reaching goals. The 20 to 45 year age group prefers not to have to make many choices.

In the 45-65 age group energy and endurance begin to decrease and slower metabolism they realize that life is half over. In some cases chronic disease may begin.

Over 65 years of age begins to slow down considerably with problems with short term memory and a decrease in resistance to illness as well as a lower reaction time. Many older adults face isolation especially if their family has moved away from them.