

# Growing & Changing The Life Cycle

*Infancy* – ages 0 to 1

*Childhood* – ages 1 to 11

*Adolescence* – ages 12-18

*Adulthood* – ages 19 and up

# Think about your experience with people you know who are at each stage...

- Homework:

1. Talk with an adult about what you learned regarding each stage of the life cycle. What are some questions you have?

**Milestone:** an action or event marking a significant change or stage in development.

2. Talk with an adult about milestones we experience throughout the life cycle - first word, first steps, learning to ride a bike. How old were you when you reached those milestones?

# The Life Cycle - Infancy



- *Infancy* – ages 0 to 1
- Baby grows rapidly in weight and size, his or her weight triples & size increases by half!  
Infants observe the world around them through watching, touching, tasting, & listening.  
Baby learns to respond to those nearby, starts to smile and makes sounds.  
Baby learns to crawl and reach for objects.  
By the end of infancy, babies can recognize some words and even say some of them.  
Babies learn to sit up by themselves and can often pull themselves up into a standing position.

**Milestone:** an action or event marking a significant change or stage in development.

# The Life Cycle – Childhood: Toddlers

- *Childhood* – ages 1 to 11

*A toddler* is a child between the ages of one and three.

Toddlers continue to grow, not as rapidly as when infants.

Toddlers can feed themselves, scribble on paper, & use the toilet.

Language skills begin to develop & they talk to others.

Toddlers walk, run, climb, are very curious and learn quickly.



# The Life Cycle – Childhood: Preschoolers

*Childhood* – ages 1 to 11



A *preschooler* is a child between the ages of three and five.

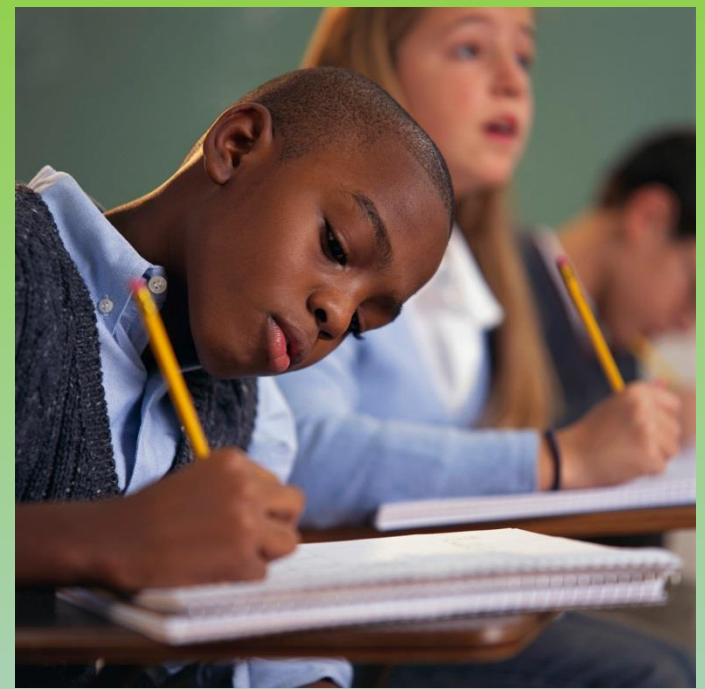
Begin to develop complex physical skills – can use a paintbrush, button their clothes, ride a tricycle.

Mental skills develop, too, and they enjoy using their imaginations.

Learn to follow rules, how to express needs, start to make friends.

# The Life Cycle – Late Childhood

- *Late childhood* is the stage between six and eleven.



Physical growth continues, become stronger & more coordinated.

They enter school and continue to develop social skills.

They make friends and participate in social activities.

They learn to do many things on their own & need less adult supervision.

# The Life Cycle – Adolescence: Hey! That's YOU!

- *Adolescence* – ages 12-18

Adolescents experience rapid growth and development.

Physical changes that occur prepare the body for reproduction.

Mental, emotional, and social changes prepare a person for the challenges of adulthood.

Teens begin to take on more responsibilities in their households and their communities.

Many of the choices made during this stage will help shape the path you take as adults. Choose wisely! 😊

# The Life Cycle – Adulthood: Hey! That’s ME!

- *Adulthood* – ages 19 and up

Young adults live on their own and begin careers. Physical growth slows significantly, but mental, social, and emotional growth continues. Many develop deeper relationships, marry, and have children.

Middle age (30s, 40s, 50s) adults continue to strengthen careers, relationships, & families.

After middle age, adults begin to show signs of physical aging. In their mid-sixties may decide to retire, travel, enjoy more leisure time, and become more involved in their communities.





# The Life Cycle – Final Stage

- Death is the final stage of the human life cycle.

In time, a person's body systems begin to weaken and he or she eventually dies.

Dying is a natural part of the life cycle.

- What can you do today to make sure yours is a life well lived?

