

# A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

## Developmental Milestones: A Guide for Helping Children Grow

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Developmental Milestones are described as skills that children master as they continue to grow and learn about the world. A few examples of developmental milestones can be walking, talking, reading, writing, following directions, learning social skills, and becoming independent. According to the Center for Disease Control and Prevention (CDC), there are multiple milestones that children attain for each age group. For this newsletter, age groups from early childhood to adolescence (2-17years) will be discussed.



### Ages 2-3 years:

- Begin to follow two to three step instructions
- Sorts objects by shape and color
- Imitate actions of adults and children alike
- Learns to express emotions

### Ages 6-7 years:

- Becomes independent from family
- Begins to think about their future
- Learns where they are in the world, emotionally and socially
- More engagement in friendships and teamwork
- Desires acceptance Increased ability of mental skills
- Learning how to talk about experiences, as well as thoughts and feelings
- More focus on others, rather than themselves

### Ages 12-14 years:

- Expresses concern for looks and clothing
- Focus on themselves by experiencing high expectations and lack of confidence
- Moodiness
- Influenced by peers
- Less affection towards parents
- Become more stressed from challenges in school
- Develops the ability for complex thinking
- Increased capability to express thoughts and feelings
- Understands right and wrong in a concrete manner

### Ages 3-5 years:

- Focus on independence, as well as adults and children outside of the family
- Explore and ask questions about the world around them
- Begin to ride a tricycle, as well as use safety scissors
- See a difference in boys and girls
- Assist parents with dressing themselves
- Play with children

### Ages 9-11 years:

- Relationships are more complex and peer pressure begins to emerge. Children also desire friendships of the same sex
- Body awareness becomes apparent as puberty approaches. Negative body image and eating disorders may arise
- Experiences more challenges in academics
- More willing to see point of view from others
- Increase in attention span

### Ages 15-17 years:

- Higher interest in romanticism and sexuality
- Able to get along with parents better
- Independent from loved ones
- Higher capability to care for others, as well as engage in intimate relationships
- Spends time with friends, rather than parents
- Learns about efficient work habits
- Begins to take steps towards their future (college and/or work)
- Able to express reasoning for choices, right or wrong

There are multiple suggestions that the CDC has for parents to positively help their child in each developmental stage. FMI: go to <https://www.cdc.gov/ncbddd/childdevelopment/index.html> and select the age range of the child.

Although the previously mentioned milestones provide guidance for development, this does not mean that a child must meet them on time. There are some children who do not walk until age 1 1/2, and some who begin to walk at nine months old. Each child is different and blossoms in their own way and time. The best way to help children, developmentally, is to have patience and work with them to ensure that they are on the right track for each milestone, mainly during toddlerhood. If it is suspected that there is a medical reason for unmet milestones, please seek advice from a doctor.

## Did you know?

**Did you know that  
A New Day Pediatric Psychology  
now has 2 Pediatric  
Psychologists on our team?!**



**That means, we are  
specifically trained to help  
children and their parents work  
through and adjust to medical  
diagnoses using  
psychological interventions.**

**Let us help you.**

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schedule your appointment.

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**This newsletter is issued every first and  
third week of each month.**

**The purpose of this newsletter is to  
educate, inspire, and bring healing and  
awareness by discussing a variety of  
behavioral health and medical conditions.**

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