

A child's experience
between the ages
of 0 – 5 years can
affect the rest their
lives

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From birth to age five, a child's brain develops more rapidly than any other time in life.

for a better understanding of your child's growth I will be elaborating on two theories which you could learn from and help your child be successful in many areas.

Piaget's theory of cognitive development

Erikson's stages of development



Erikson's Stages of Psychosocial Development is a theory introduced in the 1950s by the psychologist and psychoanalyst Erik Erikson. It built upon Freud's theory of psychosexual development by drawing parallels in childhood stages while expanding it to include the influence of social dynamics as well as the extension of psychosocial development into adulthood.(Kendra Cherry)

Erikson's Stages of Psychosocial Development

Approximate Age	Psycho Social Crisis
Infant - 18 months	Trust vs. Mistrust
18 months - 3 years	Autonomy vs. Shame & Doubt
3 - 5 years	Initiative vs. Guilt
5 -13 years	Industry vs. Inferiority
13 -21 years	Identity vs. Role Confusion
21- 39 years	Intimacy vs. Isolation
40 - 65 years	Generativity vs. Stagnation
65 and older	Ego Integrity vs. Despair

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Piaget's theory of cognitive development

Stage	Age/Period of Occurrence
Sensorimotor	Birth to 2 years
Preoperational	2 to 7 years
Concrete operational	7 to 11 years
Formal operational	Early to mid-adolescence 11 to 12 years

Jean Piaget's theory of cognitive development suggests that children move through four different stages of mental development. His theory focuses not only on understanding how children acquire knowledge, but also on understanding the nature of intelligence

(Gabriel Orenstein)



How can parents support their child development ?

- . Engage in activities with them
- . Communicating is the foundation, this helps the bond between you and your child
- . Healthy lifestyle
- . Provide an optimal environment





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(Redirect Notice, 2021)

