Developmental Age Group	Instructions: Identify at least 3 (but no more than 5) bullet points for each of the following age groups. I got you started with examples for some of the cells. No need to cite in APA format.				
	Typical developmental achievements or behaviors	Theorists & theories relevant to this group	Challenges/stressors of being in the hospital	Common behaviors when feeling stressed, afraid, anxious	Ways to promote coping, ideas for child life intervention
Infant	• Learning to trust caregivers • Simple reflexes such as sucking, looking, grasping, and listening • Primary circular reactions; begin adapting reflexes to environment; repeat actions that appease adults	• Bowlby's attachment theory • Sensorimotor period • Piaget's substages	• Loss of routine • Being separated from caregivers • Overstimulation due to hospital noises and lights • Sudden movements	• Rejects strangers • Crying and fussiness • Developmental delays • Muscle tension	• Consistent routines • Reading books and singing songs to infant • Giving them an article of clothing with their caregiver's scent • Swaddle in blanket when not holding

Toddler	• Use of props for symbolic play • Exploration of sensory materials • Increased exposure to language • Imitation through play	• Symbolic representational Play • Piaget • Cognitive development theory • Erikson • Psychosocial theory	• Reduced autonomy • Lack of opportunities for self control (Erikson) • Separation anxiety (Erikson)	• Irritability and crying • Regression of learned developmental skills • Resistant behavior • Not cooperating	• Using hospital equipment for medical play and exploration • Guided imagery during treatments and procedures • Bring toys and stuffed animals from home • Consistent routines
Preschool	• Interest shifts towards reward rather than punishment (Kohlberg) • Self interest motivates moral reasoning • Can initiate tasks and carry out plans • Have active imagination	• Kohlberg's Theory of moral development • Erikson's stages of development • Piaget	• Separation from parents • Unfamiliar environment • Loss of independence and mobility	• Crying and irritability • Resistant behavior • Strong attachment to caregivers	• Give options when possible • Medical play with dolls and equipment • Guided imagery during treatments and procedures

School Age	• Orientation toward fixed rules (Kohlberg) • Want to maintain social order (Kohlberg) • Want to maintain good relationships with others • Complex abstract thought still difficult • Symbolic thinking	• Kohlberg's theory of moral development • Erikson's stages of psychosocial development • Piaget cognitive developmental theory	• Fear of pain • Loss of independence and mobility • Lack of self-esteem and autonomy	• Homesickness • Crying and irritability • Resistant behavior	• Give opportunities that allow them to be independent in their healthcare • Consistent routine • Provide opportunities for them to express themselves creatively
Adolescent	• Able to think abstractly • Logical thinking that expands into ego development • Identity confusion	• Erikson's stages of psychosocial development • Formal operational thinking • Piagets Cognitive developmental theory	• Loss of privacy • Loss of independence • Lack of opportunities to be around peers	• Depression, withdrawal • Irritability • Anger	• Maintain contact with peer group • Creating a non judgmental, open environment to explore self • Give options whenever possible

| Young Adult | • Struggle to form close relationships
• Identity exploration
• Peers heavily influence moral spectrum | • Erikson stages of psychosocial development
• Theory of emerging adulthood
• Kohlberg's theory of moral development | • Social isolation
• Transitioning from pediatric to adult healthcare
• Fear of medical outcome | • Disassociation
• Frustration
• Withdrawn from everyday activities are things they used to enjoy | • Support from peers
• Respect their need for privacy
• Respect need for autonomy
• Support groups |