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 • Explores physical self and environment • Develops object constancy • Understands cause and effect	• Bowlby's attachment theory • Erikson' stages of psychosocial development • Piaget's theory of cognitive development • Kohlberg's theory of moral development	• Loss of routine • Unfamiliar new setting/people • Separation from parents/caregivers • Deprivation of tactile stimulation • Lack of security	• Rejects strangers • Failure to thrive • Mistrust • Intense crying fits • Screaming	• Consistent routines • Developmental support • Opportunities for skin-to-skin holding • Calming environment • Focus on family-centered care and parental support
Toddler	• Gaining autonomy • Highly egocentric perception • Increasing use of symbols	• Erikson's stages of psychosocial development • Piaget's theory of cognitive development • Kohlberg's theory of moral development	• Separation anxiety • Reduced autonomy • Less developmentally appropriate play opportunities • May perceive hospital as a punishment • Painful procedures	• Physical resistance • Uncooperativeness • Regression • Temper tantrums	• Preparation for procedures • Involve parents in interventions • Children's activities that can be shared with parents/ e.g. "While you were away" poster

					• Minimize drastic differences in normal routine
Preschool	• Develops initiative • Growing understanding that multiple factors can influence an event • Enhanced logical thinking	• Erikson's stages of psychosocial development • Piaget's theory of cognitive development • Kohlberg's theory of moral development	• Homesickness • Limitations on control • Physical restrictions • May perceive hospital as a punishment • Misunderstanding and fear due to magical thinking and ecocentrism	• Bargaining • Sleeping problems • Aggression and acting out • Detachment	• Use real equipment for preparation • Opportunities for medical play, preparation, and expressive play • Address misconceptions • Establish a "safe place" free from invasive procedures
School Age	• Develops industry • Able to be separated from parents for longer periods • Capable of cognitive reasoning/thinking logically • Understands meaning of series of actions, order, and sequencing	• Erikson's stages of psychosocial development • Piaget's theory of cognitive development • Kohlberg's theory of moral development	• Intrusive events • Pain and nausea • Separation from parents, friends, home • Restricted activity • Uncomfortable/scary environment	• Reduced self-esteem • Regression • Tearful and withdrawn • Irritable or disoriented	• Normalize feelings and encourage expression • Engage children in enjoyable activities • Help facilitate family contact via phone, email, or visits

					• Help children understand implications of disease, treatment, and hospitalization
Adolescent	• Able to think abstractly • Deductive and abstract reasoning • Identity exploration	• Erikson's stages of psychosocial development • Piaget's theory of cognitive development • Kohlberg's theory of moral development • James and Prout's sociology of childhood	• Loss of privacy • Loss of social support • Loss of independence and control • Increase in insecurities about appearance and self-worth	• Depression and withdrawal • Uncooperative • Moodiness	• Ensure privacy and confidentiality • Access to age-appropriate activities • Liberal visiting policies • Information and preparation • Listen to their concerns, answer questions, and enhance decision-making
Young Adult	• Conflicted between intimacy and solidarity • Moral reasoning based on personal values/beliefs • Increased autonomy	• Erikson's stages of psychosocial development • Kohlberg's theory of moral development	• Transition to adult health care • Lack of interactions with peers • Being treated as a child by health care providers	• Sleep disturbances • Withdrawal • Panic attacks • Irritability	• Support groups • Spaces for interactions with peers • Liberal visiting policies • Coaching to speak with

		• Arnett's theory of emerging adulthood			health care providers