



H.E.R.

HEALING

EMPOWERMENT

RESOURCES

**My Family Journal**

# HEALING

# EMPOWERMENT

# RESOURCES

**THIS IS A PLACE WHERE YOU CAN:**

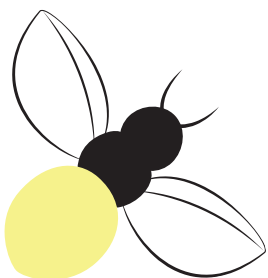
- ✓ TRACK YOUR FAMILY VISITS
- ✓ NOTE THE CHANGES THAT HAPPEN IN LIFE
- ✓ DESCRIBE YOUR CHILDREN
- ✓ CHART YOUR FAMILY TREE
- ✓ SCHEDULE VISITS WITH YOUR CHILDREN
- ✓ EXPRESS YOUR HOPES AND FEELINGS IN YOUR OWN WORDS

**THIS IS YOUR JOURNAL. USE IT TO DOCUMENT YOUR CHILDREN'S GROWTH AND CHANGES FROM VISIT TO VISIT. DESCRIBE WHAT MAKES THEM SPECIAL TO YOU.**

**IN EACH SECTION YOU WILL FIND SPACE TO FILL IN YOUR INFORMATION THAT IS JUST ABOUT YOU AND YOUR FAMILY.**

**YOU'LL ALSO FIND A HANDY SECTION THAT TELLS YOU WHAT TO EXPECT AT DIFFERENT STAGES OF A CHILD'S LIFE, FROM TWO MONTHS THROUGH THE TEEN YEARS.**

**YOUR LIFE IS A JOURNEY.  
KEEP TRACK OF THE SPECIAL MOMENTS  
AND MAKE YOUR JOURNEY ONE OF HOPE.**



# ALL ABOUT ME

MY NAME: \_\_\_\_\_

MY AGE: \_\_\_\_\_

WHAT IS MY EYE COLOR? \_\_\_\_\_

WHAT IS MY HAIR COLOR? \_\_\_\_\_

WHAT ARE MY BEST QUALITIES?

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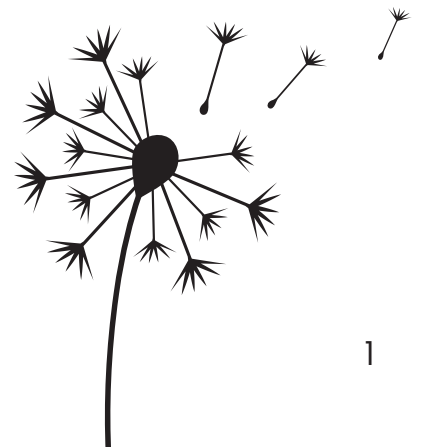
WHAT MAKES ME HAPPY?

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# ALL ABOUT ME

DO YOU HAVE ANY FAVORITE MEMORIES OF WHEN YOU WERE A CHILD?  
WHAT ARE THEY?

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HOW DO YOU FEEL ABOUT BEING A PARENT?

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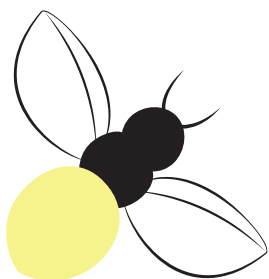
WHAT ARE YOUR BEST MEMORIES OF YOUR CHILDREN?

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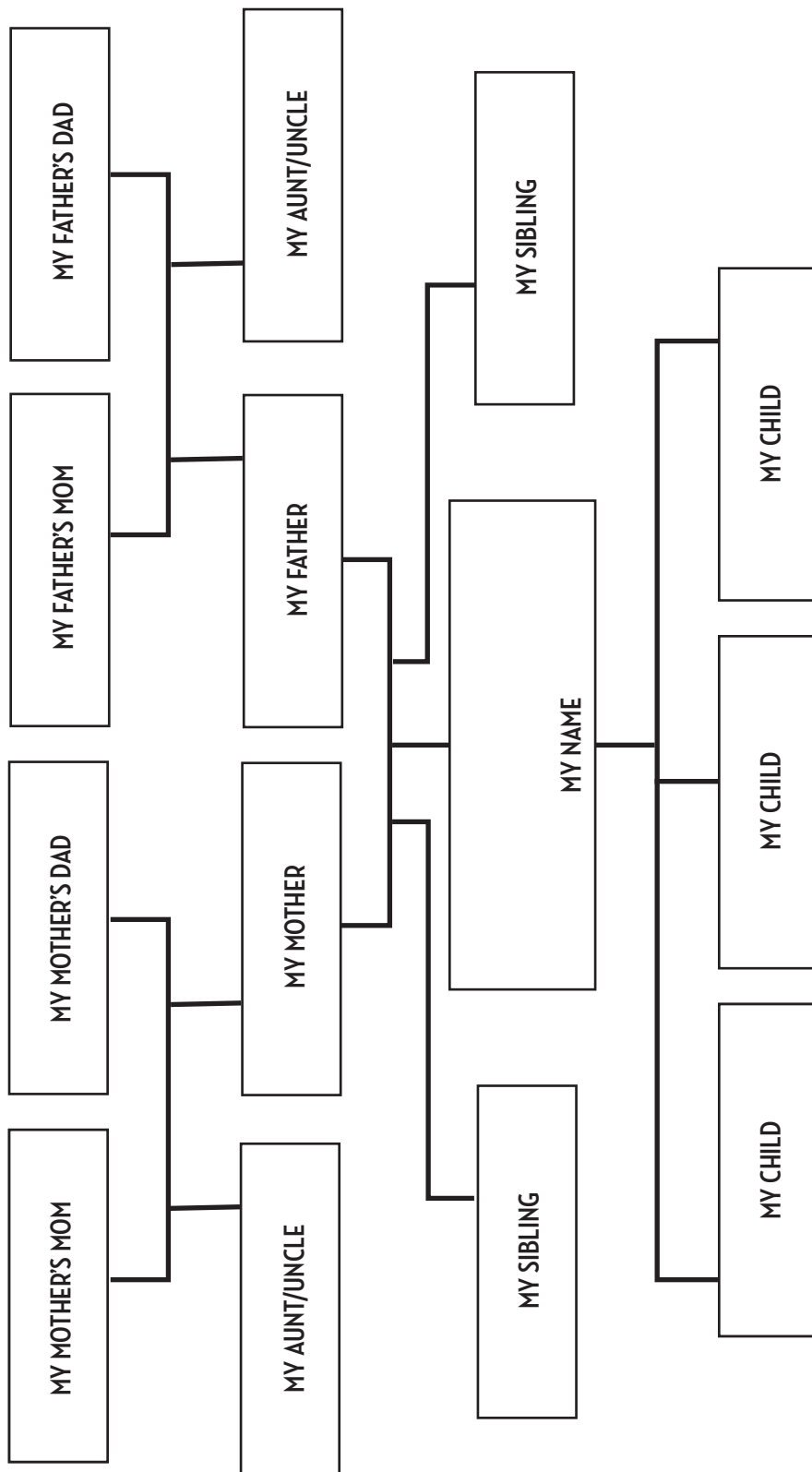
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# MY FAMILY TREE



# ALL ABOUT MY CHILD

**CHILD'S FULL NAME:**

\_\_\_\_\_

DATE OF BIRTH	
EYE COLOR	
HAIR COLOR	

**NAME OF PRIMARY CAREGIVER:** \_\_\_\_\_

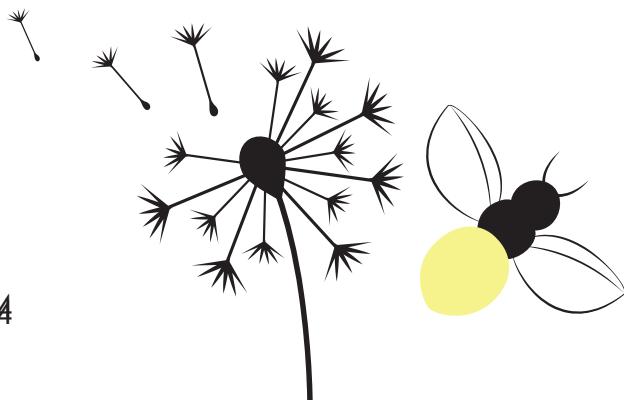
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\_\_\_\_\_

**PHONE NUMBER OF PRIMARY CAREGIVER:** \_\_\_\_\_

**CHILD'S BROTHERS/SISTERS:** \_\_\_\_\_

**CHILD'S HEALTH ISSUES:** \_\_\_\_\_  
\_\_\_\_\_

**CHILD'S ALLERGIES:** \_\_\_\_\_



DO YOU HAVE NICKNAMES FOR YOUR CHILD? IF SO, WHAT? \_\_\_\_\_

\_\_\_\_\_

HOW OFTEN DO YOU GET TO SEE YOUR CHILD? \_\_\_\_\_

DO YOU HAVE A SCHEDULE FOR VISITATIONS WITH YOUR CHILD? \_\_\_\_\_

## SCHEDULE

DATE	TIME	PLACE

WHAT ARE YOUR CHILD'S FAVORITE FOODS?

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# ALL ABOUT MY CHILD

HOW DO YOU DESCRIBE YOUR CHILD TO OTHERS?

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WHAT ARE YOUR FAVORITE MEMORIES OF YOUR CHILD?

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WHAT DO YOU HOPE YOUR CHILD GROWS UP TO BECOME?

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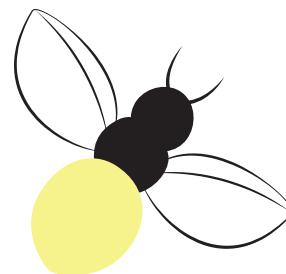
**WHAT EMOTIONS DID YOU FEEL RIGHT AFTER HAVING YOUR BABY?**

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**WHAT EMOTIONS DO YOU FEEL WHEN YOU SEE YOUR CHILD NOW?**

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**WHAT ARE SOME ENCOURAGING THINGS YOU WANT TO SAY TO YOUR CHILD?**

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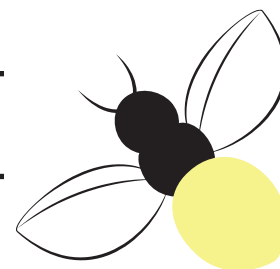
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# VISITATION JOURNAL

DATE OF VISIT: \_\_\_\_\_ TIME OF VISIT: \_\_\_\_\_

AGE OF CHILD DURING VISIT: \_\_\_\_\_

PEOPLE PRESENT DURING VISIT: \_\_\_\_\_  
\_\_\_\_\_



LENGTH OF VISIT: \_\_\_\_\_

WHAT DID YOU AND YOUR CHILD DO DURING THIS VISIT?

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WHAT BOOKS DID YOU READ?

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USE THIS SPACE TO WRITE ABOUT YOUR FEELINGS DURING THE TIME OF THE VISIT.

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USE THIS SPACE TO WRITE ABOUT YOUR FEELINGS AFTER THE VISIT.

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**HOW HAS YOUR CHILD CHANGED SINCE THE LAST VISIT?**


**HOW DO YOU THINK YOUR CHILD WILL HAVE CHANGED THE NEXT TIME YOU SEE HIM/HER?**

HAIR COLOR	
ATTITUDE	
OTHER FEATURES	

**THINGS I WANT TO TALK TO MY CHILD ABOUT ON THE NEXT VISIT:**




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FUNNY

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MOODY

GROUCHY

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EXCITED

JOYFUL

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PROUD

AFRAID

---

WORRIED

SURPRISED

---

SORRY

SHOCKED

---

PLAYFUL

LONELY

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NERVOUS

AMUSED

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SHY

LOUD

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LOVED

HAPPY

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CUTE

ANGRY

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BORED

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DREAMS

CREATIVE

HOPE

CONFUSED

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FUTURE

SAD

FAITH

FOCUSED

TIME

PEACE

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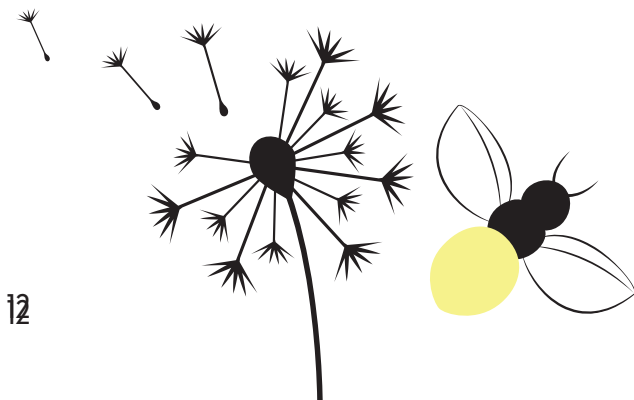
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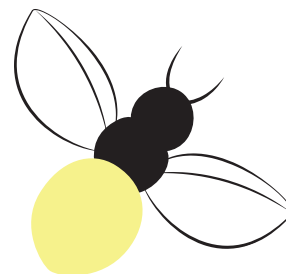
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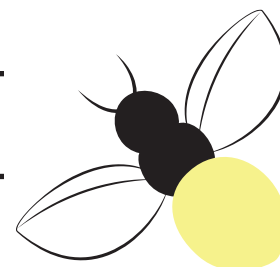
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SURPRISED	_____	SORRY
SHOCKED	_____	PLAYFUL
LONELY	_____	NERVOUS
AMUSED	_____	SHY
LOUD	_____	LOVED
HAPPY	_____	CUTE
	_____	ANGRY

SLEEPY

STRONG



HOPEFUL

EMBARRASSED



FRUSTRATED

STRENGTH



CURIOUS

BELIEVE



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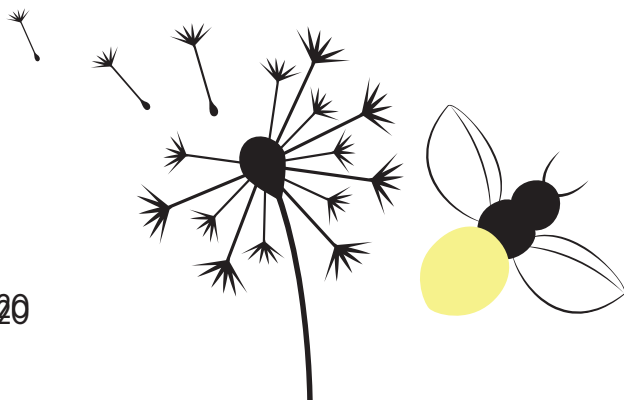
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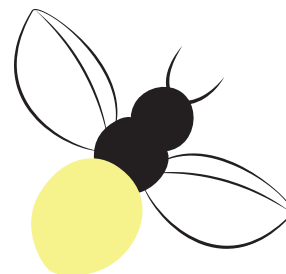
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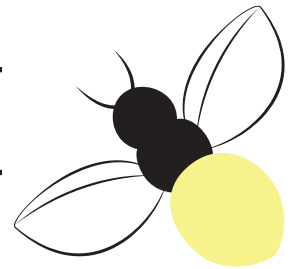
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BLESSED

DREAMS

FUTURE

SAD

FAITH

FOCUSED

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PEACE

# STAGES OF MY CHILD'S GROWTH

INFANTS	AGE	WHAT TO EXPECT	WAYS TO CONNECT
	2 months	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Begins to smile at people</li> <li>Can briefly calm himself (may bring hands to mouth and suck on hand)</li> <li>Tries to look at parent</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>Coos, makes gurgling sounds</li> <li>Turns head toward sounds</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>Pays attention to faces</li> <li>Begins to follow things with eyes and recognize people at a distance</li> <li>Begins to act bored (cries, fussy) if activity doesn't change</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Can hold head up and begins to push up when lying on tummy</li> <li>Makes smoother movements with arms and legs</li> </ul>	<ul style="list-style-type: none"> <li>Make eye contact with your baby when you talk to her. Talk often to your baby. She will find your voice calming.</li> <li>Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.</li> <li>Read to your baby. This will help her develop and understand language and sounds.</li> <li>Sing to your baby and play music, if possible. This will help your baby develop a love for music and will help his brain development.</li> </ul>
4 months	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Smiles spontaneously, especially at people</li> <li>Likes to play with people and might cry when playing stops</li> <li>Copies some movements and facial expressions, like smiling or frowning</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>Begins to babble</li> <li>Babbles with expression and copies sounds he hears</li> <li>Cries in different ways to show hunger, pain, or being tired</li> </ul> <p><b>Learning/Thinking/Problem-solving</b></p> <ul style="list-style-type: none"> <li>Lets you know if she is happy or sad</li> <li>Responds to affection</li> <li>Reaches for toy with one hand</li> <li>Uses hands and eyes together, such as seeing a toy and reaching for it</li> <li>Follows moving things with eyes from side to side</li> <li>Watches faces closely</li> <li>Recognizes familiar people and things at a distance</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Holds head steady, unsupported</li> <li>Pushes down on legs when feet are on a hard surface</li> <li>May be able to roll over from tummy to back</li> <li>Can hold a toy and shake it and swing at dangling toys</li> <li>Bring hands to mouth</li> <li>When lying on stomach, pushes up on elbows</li> </ul>	<ul style="list-style-type: none"> <li>Praise your baby and give her lots of loving attention.</li> <li>Spend time cuddling and holding your baby. This will help him feel cared for and secure.</li> <li>Play with your baby when she's alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.</li> <li>Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn't touch.</li> <li>Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are healthy and not tired.</li> </ul>	

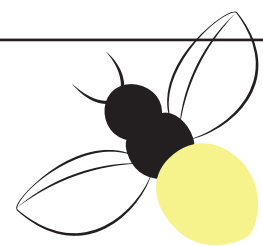


AGE	WHAT TO EXPECT	WAYS TO CONNECT
6 months	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Knows familiar faces and begins to know if someone is a stranger</li> <li>• Likes to play with others, especially parents</li> <li>• Responds to other people’s emotions and often seems happy</li> <li>• Likes to look at self in mirror</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>• Responds to sounds by making sounds</li> <li>• Strings vowels together when babbling (“ah”, “eh”, “oh”) and likes taking turns with parent while making sounds</li> <li>• Responds to own name</li> <li>• Makes sounds to show joy and displeasure</li> <li>• Begins to say consonant sounds (jabbering with “m”, “b”)</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>• Looks around at things nearby</li> <li>• Brings things to mouth</li> <li>• Shows curiosity about things and tries to get things that are out of reach</li> <li>• Begins to pass things from one hand to the other</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>• Rolls over in both directions (front to back, back to front)</li> <li>• Begins to sit without support</li> <li>• When standing, supports weight on legs and might bounce</li> <li>• Rocks back and forth, sometimes crawling backward before moving forward</li> </ul>	<ul style="list-style-type: none"> <li>• Make eye contact with your baby when you talk to her. Talk often to your baby. She will find your voice calming.</li> <li>• Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.</li> <li>• Read to your baby. This will help her develop and understand language and sounds.</li> <li>• Sing to your baby and play music, if possible. This will help your baby develop a love for music and will help his brain development.</li> <li>• Praise your baby and give her lots of loving attention.</li> <li>• Spend time cuddling and holding your baby. This will help him feel cared for and secure.</li> </ul>
9 months	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• May be afraid of strangers</li> <li>• May be clingy with familiar adults</li> <li>• Has favorite toys</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>• Understands “no”</li> <li>• Makes a lot of different sounds like “mamama” and “babababa”</li> <li>• Copies sounds and gestures of others</li> <li>• Uses fingers to point at things</li> </ul> <p><b>Learning/Thinking/Problem-solving</b></p> <ul style="list-style-type: none"> <li>• Watches the path of something as it falls</li> <li>• Looks for things he sees you hide</li> <li>• Plays peek-a-boo</li> <li>• Puts things in her mouth</li> <li>• Moves things smoothly from one hand to the other</li> <li>• Picks up things like cereal o’s between thumb and index finger</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>• Stands, holding on</li> <li>• Can get into sitting position</li> <li>• Sits without support</li> <li>• Pulls to stand</li> <li>• Crawls</li> </ul>	<ul style="list-style-type: none"> <li>• Play with your baby when she’s alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.</li> <li>• Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn’t touch.</li> <li>• Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are healthy and not tired.</li> </ul>

# STAGES OF MY CHILD'S GROWTH

INFANTS

AGE	WHAT TO EXPECT	WAYS TO CONNECT
1 year	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Is shy or nervous with strangers</li> <li>• Cries when mom or dad leaves</li> <li>• Has favorite things and people</li> <li>• Shows fear in some situations</li> <li>• Hands you a book when he wants to hear a story</li> <li>• Repeats sounds or actions to get attention</li> <li>• Puts out arm or leg to help with dressing</li> <li>• Plays games such as "peek-a-boo" and "pat-a-cake"</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>• Responds to simple spoken requests</li> <li>• Uses simple gestures, like shaking head "no" or waving "bye-bye"</li> <li>• Makes sounds with changes in tones (sounds more like speech)</li> <li>• Says "mama" and "dada" and exclamations like "uh-oh!"</li> <li>• Tries to say words you say</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>• Explores things in different ways, like shaking, banging, throwing</li> <li>• Finds hidden things easily</li> <li>• Looks at the right picture or thing when it's named</li> <li>• Copies gestures</li> <li>• Starts to use things correctly; for example, drinks from a cup, brushes hair</li> <li>• Bangs two things together</li> <li>• Puts things in a container, takes things out of a container</li> <li>• Lets things go without help</li> <li>• Pokes with index (pointer) finger</li> <li>• Follows simple directions like "pick up the toy"</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>• Gets to a sitting position without help</li> <li>• Pulls up to stand, walks on holding to furniture ("cruising")</li> <li>• May take a few steps without holding on</li> <li>• May stand alone</li> </ul>	<ul style="list-style-type: none"> <li>• Read to your child each time she visits</li> <li>• Ask her to find objects for you or name body parts and objects (Where is the clock? Where is the window? Where is my nose?).</li> <li>• Play matching games with your child, like shape sorting and simple puzzles if available.</li> <li>• Help to develop your child's language by talking with her and adding words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right – that is a <i>bottle</i>."</li> </ul>

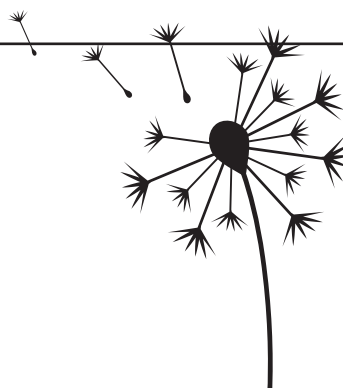


AGE	WHAT TO EXPECT	WAYS TO CONNECT
18 months	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Likes to hand things to others at play</li> <li>May have temper tantrums</li> <li>May be afraid of strangers</li> <li>Shows affection to familiar people</li> <li>Plays simple pretend, such as feeding a doll</li> <li>May cling to caregivers in new situations</li> <li>Points to show others something interesting</li> <li>Explores alone but with parent close by</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>Says several single words</li> <li>Points to show someone what he wants</li> <li>Says and shakes head “no”</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>Knows what ordinary things are for; for example, telephone, brush, spoon</li> <li>Points to get the attention of others</li> <li>Shows interest in a doll or stuffed animal by pretending to feed</li> <li>Points to one body part</li> <li>Scribbles on his own</li> <li>Can follow 1-step verbal commands without any gestures; for example, sits when you say “sit down”</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Walks alone</li> <li>May walk up steps and run</li> <li>Pulls toys while walking</li> <li>Can help undress herself</li> <li>Drinks from a cup</li> <li>Eats with a spoon</li> </ul>	<ul style="list-style-type: none"> <li>Read to your toddler each time she visits.</li> <li>Ask her to find objects for you or name body parts and objects.</li> <li>Play matching games with your toddler, like shape sorting and simple puzzles.</li> <li>Help to develop your toddler’s language by talking with her and adding to words she starts. For example, if your toddler says “baba”, you can respond, “Yes, you are right – that is a <i>bottle</i>.”</li> <li>Encourage your child’s growing independence by letting him help with taking off and putting on his coat.</li> <li>Acknowledge good behavior.</li> </ul>
2 years	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Copies others, especially adults and older children</li> <li>Gets excited when with older children</li> <li>Shows more and more independence</li> <li>Shows defiant behavior (doing what he has been told not to)</li> <li>Plays mainly beside other children, but is beginning to include other children, such as in chase games</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>Points to things or pictures when they are named</li> <li>Knows names of familiar people and body parts</li> <li>Says sentences with 2 to 4 words</li> <li>Follows simple instructions</li> <li>Repeats words overheard in conversation</li> <li>Points to things in a book</li> </ul> <p><b>Learning/Thinking/Problem-solving</b></p> <ul style="list-style-type: none"> <li>Finds things even when hidden under two or three covers</li> <li>Begins to sort shapes and colors</li> <li>Completes sentences and rhymes in familiar books</li> <li>Plays simple make-believe games</li> <li>Builds towers of 4 or more blocks</li> <li>Might use one hand more than the other</li> <li>Follows two-step instructions such as “Pick up your shoes and put them in the closet.”</li> <li>Names items in a picture book such as a cat, bird, or dog</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Stands on tiptoe</li> <li>Begins to run</li> <li>Climbs onto and down from furniture without help</li> <li>Walks up and down stairs holding on</li> <li>Makes or copies straight lines and circles</li> <li>Kicks a ball</li> <li>Throws ball overhand</li> </ul>	<ul style="list-style-type: none"> <li>Read to your toddler each time she visits.</li> <li>Encourage your child to take part in pretend play.</li> <li>Play parade or follow the leader with your toddler.</li> <li>Encourage your child to tell you his name and age.</li> <li>Teach your child simple songs like <i>Itsy Bitsy Spider</i>, or other cultural childhood rhymes.</li> <li>Give your child attention and praise when she follows instructions and shows positive behavior and limit attention for defiant behavior like tantrums. Teach your child acceptable ways to show that she’s upset.</li> </ul>

# STAGES OF MY CHILD'S GROWTH

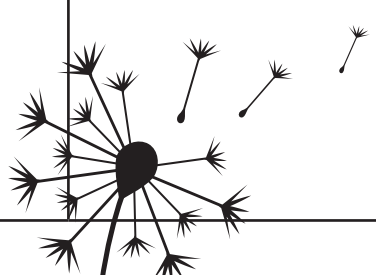
PRESCHOOL	AGE	WHAT TO EXPECT	WAYS TO CONNECT
	3 years	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Copies adults and friends</li> <li>• Shows affection for friends without prompting</li> <li>• Takes turns in games</li> <li>• Shows concern for crying friend</li> <li>• Understands the idea of "mine" and "his" or "hers"</li> <li>• Shows a wide range of emotions</li> <li>• Separates easily from mom and dad</li> <li>• May get upset with major changes in routine</li> <li>• Dresses and undresses self</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>• Follows instructions with 2 or 3 steps</li> <li>• Can name most familiar things</li> <li>• Understands words like "in," "on," and "under"</li> <li>• Says first name, age, and sex</li> <li>• Names a friend</li> <li>• Says words like "I," "me," and "you" and some plurals (cars, dogs, cats)</li> <li>• Talks well enough for strangers to understand most of the time</li> <li>• Carries on a conversation using 2 to 3 sentences</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>• Can work toys with buttons, levers, and moving parts</li> <li>• Plays make-believe with dolls, animals, and people</li> <li>• Does puzzle with 3 or 4 pieces</li> <li>• Understands what "two" means</li> <li>• Copies a circle with pencil or crayon</li> <li>• Turns book pages one at a time</li> <li>• Builds towers of more than 6 blocks</li> <li>• Screws and unscrews jar lids or turns door handle</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>• Climbs well</li> <li>• Runs easily</li> <li>• Pedals a tricycle (3-wheel bike)</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to read to your child each time she visits.</li> <li>• Encourage your child to play with other children at home. This helps him to learn the value of sharing and friendship.</li> <li>• Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.</li> <li>• Help your child develop good language skills by speaking to him in complete sentences and using "grown up" words. Help him to use the correct words and phrases.</li> <li>• Help your child through the steps to solve problems when she is upset.</li> </ul>
	4 years	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Enjoys doing new things</li> <li>• Plays "Mom" and "Dad"</li> <li>• Is more and more creative with make-believe play</li> <li>• Would rather play with other children than by himself</li> <li>• Cooperates with other children</li> <li>• Often can't tell what's real and what's make-believe</li> <li>• Talks about what she likes and what she is interested in</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>• Knows some basic rules of grammar, such as correctly using "he" and "she"</li> <li>• Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or "The Wheels on the Bus"</li> <li>• Tells stories</li> <li>• Can say first and last name</li> </ul>	<ul style="list-style-type: none"> <li>• Give your child a limited number of simple choices (for example, deciding what book to read, and what to eat for snacks).</li> </ul>

AGE	WHAT TO EXPECT	WAYS TO CONNECT
<p>4 years (continued)</p>	<p><b>Learning/Thinking/Problem-solving</b></p> <ul style="list-style-type: none"> <li>Names some colors and some numbers</li> <li>Understands the idea of counting</li> <li>Starts to understand time</li> <li>Remembers parts of a story</li> <li>Understands the idea of “same” and “different”</li> <li>Draws a person with 2 to 4 body parts</li> <li>Uses scissors</li> <li>Starts to copy some capital letters</li> <li>Plays board or card games</li> <li>Tells you what he thinks is going to happen next in a book</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Hops and stands on one foot for up to 2 seconds</li> <li>Catches a bounced ball most of the time</li> <li>Pours, cuts with supervision, and mashes own food</li> </ul>	
<p>5 years</p>	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Wants to please friends</li> <li>Wants to be like friends</li> <li>More likely to agree with rules</li> <li>Likes to sing, dance, and act</li> <li>Shows concern and sympathy for others</li> <li>Is aware of gender</li> <li>Can tell what’s real and what’s make-believe</li> <li>Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])</li> <li>Is sometimes demanding and sometimes very cooperative</li> </ul> <p><b>Language/Communication</b></p> <ul style="list-style-type: none"> <li>Speaks very clearly</li> <li>Tells a simple story using full sentences</li> <li>Uses future tense; for example, “Grandma will be here.”</li> <li>Says name and address</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>Counts to 10 or more things</li> <li>Can draw a person with at least 6 body parts</li> <li>Can print some letters or numbers</li> <li>Copies a triangle and other geometric shapes</li> <li>Knows about things used every day, like money and food</li> </ul> <p><b>Movement/Physical Development</b></p> <ul style="list-style-type: none"> <li>Stands on one foot for 10 seconds or longer</li> <li>Hops; may be able to skip</li> <li>Can do a somersault</li> <li>Uses a fork and spoon and sometimes a knife</li> <li>Can use the toilet on her own</li> <li>Swings and climbs</li> </ul>	<ul style="list-style-type: none"> <li>Continue to read to your child each time she visits.</li> <li>Encourage your child to play with other children at home. This helps him to learn the value of sharing and friendship.</li> <li>Be clear and consistent when disciplining your child. Explain and show the behavior that you expect from her. Whenever you tell her no, follow up with what he should be doing instead.</li> <li>Help your child develop good language skills by speaking to him in complete sentences and using “grown up” words. Help him to use the correct words and phrases.</li> <li>Help your child through the steps to solve problems when she is upset.</li> <li>Give your child a limited number of simple choices (for example, deciding what book to read, and what to eat for snacks).</li> </ul>



# STAGES OF MY CHILD'S GROWTH

AGE	WHAT TO EXPECT	WAYS TO CONNECT
<b>MIDDLE CHILDHOOD</b>  <b>6 - 8 years</b>	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Show more independence from parents and family</li> <li>• Start to think about the future</li> <li>• Understand more about his or her place in the world</li> <li>• Pay more attention to friendships and teamwork</li> <li>• Want to be liked and accepted by friends</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>• Show rapid development of mental skills</li> <li>• Learn better ways to describe experiences and talk about thoughts and feelings</li> <li>• Have less focus on one's self and more concern for others</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to read to your child. As your child learns to read, take turns reading to each other.</li> <li>• Show affection for your child. Recognize her accomplishments.</li> <li>• Talk with your child about school, friends, and things she looks toward in the future.</li> <li>• Talk with your child about respecting others. Encourage him to help people in need.</li> <li>• Help your child set her own achievable goals – she'll learn to take pride in herself and rely less on approval or reward from others.</li> <li>• Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits she can't change ("you are smart").</li> <li>• Support your child in taking on new challenges. Encourage her to solve problems, such as a disagreement with another child, on her own.</li> <li>• Encourage your child to join school and community groups, such as a team sport, or to take advantage of volunteer opportunities.</li> </ul>
<b>9 - 11 years</b>	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>• Start to form stronger more complex friendships and peer relationships. It becomes more emotionally important to have friends, especially of the same sex.</li> <li>• Experience more peer pressure</li> <li>• Become more aware of his or her body as puberty approaches. body image and eating problems sometimes start around this age</li> </ul> <p><b>Learning/Thinking/Problem-solving</b></p> <ul style="list-style-type: none"> <li>• Face more academic challenges at school</li> <li>• Become more independent from the family</li> <li>• Begin to see the point of view of others more clearly</li> <li>• Have an increased attention span</li> </ul>	<ul style="list-style-type: none"> <li>• Encourage your child to read every day. Talk with him about his homework.</li> <li>• Talk with her about her friends, her accomplishments, and what challenges she will face.</li> <li>• Encourage your child to join school and community groups, such as a sports team, or to be a volunteer for charity.</li> <li>• Help your child develop his own sense of right and wrong. Talk with him about risky things friends might pressure him to do, like smoking or dangerous physical dares.</li> <li>• Help your child develop a sense of responsibility – talk with your child about saving and spending money wisely.</li> <li>• Talk with your child about respecting others. Encourage her to help people in need. Talk with her about what to do when others are not kind or are disrespectful.</li> <li>• Help your child set his own goals. Encourage him to think about skills and abilities he would like to have and about how to develop them.</li> <li>• Talk with your child about what you expect from her (behavior) when no adults are present. If you provide reasons for rules, it will help her to know what to do in most situations.</li> <li>• When using praise, help your child think about her own accomplishments. Saying "you must be proud of yourself" rather than simply "I'm proud of you" can encourage your child to make good choices when nobody is around to praise her.</li> <li>• Talk with your child about the normal physical and emotional changes of puberty.</li> <li>• Be affectionate and honest with your child.</li> </ul>



YOUNG TEENS	AGE	WHAT TO EXPECT	WAYS TO CONNECT
	12 - 14 years	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Show more concern about body image, looks, and clothes</li> <li>Focus on themselves; going back and forth between high expectations and lack of confidence</li> <li>Experience more moodiness</li> <li>Show more interest in and influence by peer group</li> <li>Express less affection toward parents; sometimes might seem rude or short-tempered</li> <li>Feel stress from more challenging school work</li> <li>Develop eating problems</li> <li>Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>Have more ability for complex thought</li> <li>Be better able to express feelings through talking</li> <li>Develop a stronger sense of right and wrong</li> </ul>	<ul style="list-style-type: none"> <li>Be honest and direct with your teen when talking about sensitive subjects such as drugs, drinking, smoking, and sex.</li> <li>Show an interest and ask questions about your teen's school life.</li> <li>Help your teen make healthy choices while encouraging him to make his own decisions.</li> <li>Respect your teen's opinions and take into account her thoughts and feelings. It is important that she knows you are listening to her.</li> <li>When there is a conflict, be clear about goals and expectations (like getting good grades, keeping things clean, and showing respect), but allow your teen input on how to reach those goals (like when and how to study or clean).</li> <li>Encourage your teen to be physically active. She might join a team sport or take up an individual sport. Helping with household tasks such as mowing the lawn, walking the dog, or washing the car also will keep your teen active.</li> </ul>

TEENAGERS	AGE	WHAT TO EXPECT	WAYS TO CONNECT
	15 - 17 years	<p><b>Social/Emotional</b></p> <ul style="list-style-type: none"> <li>Have more interest in the opposite sex</li> <li>Go through less conflict with parents</li> <li>Show more independence from parents</li> <li>Have a deeper capacity for caring and sharing and for developing more intimate relationships</li> <li>Spend less time with parents and more time with friends</li> <li>Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems</li> </ul> <p><b>Learning/Thinking/Problem-Solving</b></p> <ul style="list-style-type: none"> <li>Learn more defined work habits</li> <li>Show more concern about future school and work plans</li> <li>Be better able to give reasons for their own choices, including about what is right or wrong</li> </ul>	<ul style="list-style-type: none"> <li>Talk with your teen about her concerns and pay attention to any changes in her behavior. Ask her if she has had suicidal thoughts, particularly if she seems sad or depressed. Asking about suicidal thoughts will not cause her to have these thoughts, but it will let her know that you care about how she feels. Advise your daughter's father or other guardian to seek professional help if necessary.</li> <li>Show interest in your teen's school and extracurricular interests and activities and encourage him to become involved in activities such as sports, music, theater, and art.</li> <li>Encourage your teen to volunteer and become involved in civic activities in her community.</li> <li>Compliment your teen and celebrate his efforts and accomplishments.</li> <li>Show affection for your teen.</li> <li>Respect your teen's opinion. Listen to her without playing down her concerns.</li> <li>Encourage your teen to develop solutions to problems or conflicts. Help your teenager learn to make good decisions.</li> <li>If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage her to make good decisions about what she posts and the amount of time she spends on these activities.</li> <li>If your teen works, use the opportunity to talk about expectations, responsibilities, and other ways of behaving respectfully in a public setting.</li> <li>Talk with your teen and help him plan ahead for difficult or uncomfortable situations. Discuss what he can do if he is in a group and someone is using drugs or under pressure to have sex, or is offered a ride by someone who has been drinking.</li> <li>Respect your teen's need for privacy.</li> <li>Encourage your teen to get enough sleep and exercise, and to eat healthy, balanced meals.</li> </ul>

# DRAWING PAGE

Use this page to allow your children to draw pictures for you.



Use this page to trace your children's hands. Beside each one, write whose hand it is and his or her age at the time.





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Use this pouch to hold drawings, photos and writings from your children.

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 **HEALING (noun):** becoming healthy or well again.

 **EMPOWERMENT (noun):** the power of making your own future.

 **RESOURCES (noun):** a place or thing that provides useful information.

Life is a journey. Your journey is unique and your own. This journal will help you express your hopes and thoughts around you, your family and their visits. There are always things to be thankful for, and your journey is one of them...



Written by Michelle Bain  
Designed by Fox Smith

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