

# Ideas for Your Child's Growth Plan

Need help getting started with your annual parenting review? Consider this list of ideas as you reflect on your child's development:

AGES	PHYSICAL (discipline and motor skills)	SOCIAL (character qualities and manners)	EDUCATIONAL (organized learning)	SPIRITUAL (one's relationship with God)	PRACTICAL (life skills)
0 to 3	Walk without parents' help Go to sleep on her own Sit still at the dinner table Stay in bed at naptime	Come when called Don't bite others Stop hitting and pinching others Stop spitting Take turns and play nicely with others	Color neatly Learn animal sounds Recognize shapes and colors Increase vocabulary Develop phonemic awareness	Understand God made him Understand God loves him Understand God loves others, too Develop a love for Bible stories Find joy in praying with parents	Play independently Cope without a blankie Learn not to use a pacifier Pick up a few toys
4 to 7	Ride a bicycle Learn to swim Practice personal hygiene (brush teeth, etc.) Sleep in his own room at night Learn to swing on his own	Obey cheerfully Respect authority Learn to be polite with your words Learn to help and not hurt others Begin learning table manners	Learn to read Learn to print neatly Learn to recognize numbers Engage in schoolwork Follow worksheet directions	Pray aloud Understand the basic Gospel message Grow in relationship with God Trust in God's power Hide God's Word in her heart	Pick up toys Do daily chores Make a bed Don't cry over every little owie Straighten room daily
8 to 12	Go out for team sports Comb hair and clean face daily Eat more fruits and vegetables Learn to skateboard or roller-skate Take showers or baths more often	Be sincere Be a friend to others Practice table manners Talk less and listen more Balance emotions	Improve in cursive Set a reading goal Play an instrument Be responsible for schoolwork Be honest about grades and time spent on homework	Pray on his own Cultivate a heart for service Regular Scripture memorization Express the truth of salvation Turn to God for comfort	Learn to sew Learn to cook Clean bedroom weekly Take care of belongings Do chores without being asked
13 to 18	Eat less junk food Commit to his team in sports Have a daily exercise routine Take better care of facial skin Get enough sleep each night	Recognize the influence of peer pressure Lead with humility Tell the truth to friends but consider their feelings Treat parents respectfully and truthfully Care about others by reaching out to kids at school	Show diligence in learning Be punctual for classes See the connection between school- work and a career Challenge herself to do more than the bare minimum Acquire good note-taking habits	Take personal ownership of her faith Model a fruit of the Spirit Cultivate a heart for missions Be honest before God Apply scriptural truth to relevant issues	Be responsible for what he says Be responsible for actions Understand basic financial concepts Demonstrate a good work ethic Do his own laundry