

	Erikson	Piaget	Freud	Kohlberg	Motor	Nutrition	Language	Teeth
Infant (birth – 1)	Trust vs. Mistrust	Sensorimotor: *Separation *Object permanence *Mental representation	Oral Stage	X	2m-lift head 4mo- head control 5-6m-roll 6-7 crawling 8m- sit up 10m-prone to sit; 11m- walk holding on; 12m- walking	Breastmilk or Formula first 6m (optimal); 4-6m- solids	Crying, coos, responds to noises, laughs, squeals, says 3- 5 words “mama dada” 10 mo & comprehends “no” by 1 yr	6-8 by 1 yr 1 st erupt b/t 6-9 mo
Toddler (1 – 3)	Autonomy vs. Shame & Doubt	Sensorimotor: Object permanence Domestic mimicry Imitation	Anal Stage	Punishment & obedience orientation	15m- walk, creep up stairs; 18m- throw ball overhand; 2y- up/down stairs both feet; 2.5y- stand on 1 foot	Picky/fussy eaters; finger foods; 1y-whole milk; 2y-low fat milk; juice 4-6oz per day; 1 cup fruit per day	1 – 3y- one- word sentences to several word/simple sentences; 300 words by 2y	Brushing and flossing by caregiver; do not put to bed with juice or milk
Preschooler (3 – 6)	Initiative vs. Guilt	Preoperational	Phallic Stage	Punishment & obedience orientation Fair exchange	3y – tricycle 4y – skips/hops on 1 foot; throw ball overhead 5y- jump rope, walk backwards	Picky; willing to sample new foods by 5y; 13-19g/day protein, Ca, Fe, folate, vit A & C	>2,100 words; 4-5 word sentences by 5y; enjoys talking	Eruption of primary teeth final; supervise brushing and flossing; teeth trauma common
School-age (6 – 12)	Industry vs. Inferiority	Preoperational Concrete operational Formal operational	Latency Period	Fair exchange Good boy – Nice girl	Competitive and cooperative play	Adult portions, teach healthy food choices, no skipping meals	X	Begin losing primary teeth “age of lose teeth”
Adolescent (puberty – 20)	Identity vs. Role Confusion	Formal operational	Genital Stage	Good boy – Nice girl Law & order Rules			X	

