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**Stages, Milestones, and Domains**

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| **Developmental Stages** | **Domain:Physical** | **Domain:Cognitive** | **Domain:Social/Emotional** |
| **Description** | Anatomical and physical growth of the body and brain, motor skill development, and perceptual development. | Intelligence, thinking, problem-solving skills, language acquisition, bilingualism, information processing, memory, and meta-cognition. | Emotions, morals, temperament, personality traits, self-concept, self-esteem, self-regulation, attachment, and social interactions. |
| **Infancy and Toddlerhood**(Birth - 2 years) | Improves walking coordination.Walking evolves into jumping, running, and climbing. | Can engage in make-believe play.Increases recall memory for people, places, and objects.  | Begins to show signs of empathy.Exhibits attachment to caregivers. |
| **Early Childhood**(2–6 years) | Uses scissors.Can pedal and steer a tricycle.Can tie shoes. | Can engage in simple addition and subtraction.Becomes more aware that make-believe play is representational. | Has acquired many morally relevant rules and behaviors.Increases gender-stereotyped beliefs and behavior. |
| **Middle Childhood**(6–11 years) | Girls and boys: gross motor skills improve.Girls: Height spurt begins, breasts begin to grow, and pubic hair appears. | Can apply several memory strategies simultaneously.Further expands knowledge, which becomes more sophisticated and organized. | Distinguishes ability, effort, and external factors in attributions for success and failure.Becomes more aware of gender stereotypes.Can view the relationship between self and others from the perspective of a third, impartial party. |
| **Adolescence**(11–18 or 20 years) | Girls: Body fat increases and menstruation begins.Boys: Growth spurt begins, voice deepens, and fat decreases, while muscle increases. | Becomes more self-conscious and focused.Improves decision-making strategies. | Increases moodiness.Begins parent-adolescent conflict.Spends more time with peers.Increases conformity to peer pressure.Begins romantic relationships. |

**Reference:**
Berk, L. (2005). *Infants, children, and adolescents.* Boston: Allyn & Bacon.

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