

sense of belonging in the family. Once the child is fully aware of his/her surroundings and family members, they could start showing signs of jealousy when a parent holds another baby. If this happens, you should not be too worried, as this is a normal sign of emotional development.

☐ **TODDLER OR PRESCHOOL AGE (2 - 5 years old)**

When the child starts walking, a whole new adventurous approach to life begins. They will start exploring on their own and their language skills will develop significantly. They will start naming objects and people and will start developing their own personality very quickly. During this stage they will start exploring their emotions and might even start throwing tantrums. During these moments, it is important that the parents or caregivers learn to teach the child the value of delayed gratification. In other words, they need to teach the child that they cannot get everything that they see. Just as the child learns to say 'no', they need to learn to accept hearing a 'no' from other people, too.

☐ **SCHOOL GOING AGE (6 - 12)**

During this stage of a child's life, they become a lot more independent and social. It is during this stage that a parent or caregiver needs to instil a good set of morals and accepted behaviour. Some children may struggle to adapt to schooling; it's important at this stage that parents are able to "provide praise and encouragement for achievement but parents must also be able to allow [children] to sometimes experience the natural consequences for their behaviour or provide logical consequences to help them learn from mistakes."

☐ **ADOLESCENT OR TEENAGER (13 - 18 years old)**

The teenage years often pose the biggest challenges when it comes to parenthood. During this time, a child goes through many emotional and social changes. Most 13 or 14-year-olds are going through puberty, which means you can expect a slight change in mood, sensitivity, and self-consciousness. At around the age of 15, most children want to do things without their parents and want to be more social with friends. Most teenagers at the age of 17 "are equipped to regulate their emotions. They're less likely to lose their tempers and healthy teens know how to deal with uncomfortable feelings." During this stage, they will develop and strengthen relationships with people they feel close to.

<https://www.oxbridgeacademy.edu.za/blog/discover-the-basic-stages-of-a-childs-emotional-development/>

It is important to recognise that we may not all reach these milestones at the same time and we all develop at different rates and in different ways and should not feel pressured to be the same as anyone else. When we go through these differences it is not always easy when our friends are not going through these at the same time (see protected characteristics of the Equality Act 2010). It is also important to recognise that each person's body belongs to them and understand the difference between appropriate and inappropriate contact.