

# Your Child at 7 years



## What Most Children Do at this Age:

### Physical Development

- Will have grown about 2.5 in. and gained about 7 lbs. within the past year
- Will lose about four baby teeth each year, which are replaced by permanent teeth

### Intellectual Development

- Enjoys hobbies and practicing new skills
- Likes to be challenged and work hard to complete a task
- Can solve simple math problems using objects, like counting beads
- Has a solid sense of time and has organized and continuous memories

### Social Development

- Will withdraw from adults, may have strong emotional responses to a teacher and say they are unfair or mean
- Wants more independence and wants to do tasks well
- May be competitive and change the rules of a game to win

### Emotional Development

- Is overcoming some fears they had when they were younger, but can still be terrified of the unknown
- Will usually develop friendships with children of their same gender

## Effective Parenting Suggestions:

- Be patient when your child is pouty, this is often a stage they'll go through. You can help them work their emotions.
- Provide opportunities and materials for drawing and painting
- Encourage the pursuit of hobbies and interests
- Stimulate thought by asking your child thought-provoking questions and by telling open-ended stories
- Assign responsibilities and tasks that your child can carry out, praise effort and accomplishments
- Set firm, fair, and friendly boundaries
- Set an example; children learn more from what you do than what you say

Source: webmd.com