

# Your Child from 9-11 Years

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a child between 9-11 years old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your child's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your child gets the support that they need to grow and thrive.



## Growth and Movement Milestones

- Has greatly improve finger and hand coordination making it easier to write and play instruments
- Improved coordination and reaction time help kids to become more competitive in sports
- Children in this age group sometimes experience periods of rapid growth
- Girls are generally as much as 2 years ahead of boys in terms of physical maturity
- Girls may begin to menstruate



## Cognitive and Language Milestones

- Fantasizes and daydreams about the future
- Enjoys planning and organizing tasks
- May develop special interests or hobbies
- Likes to know how things work
- No longer learning to read. Instead, they are now reading to learn.
- Show interest in non-fiction stories
- Enjoys books with exciting adventures
- Spends a lot of time in conversations with friends



## Social and Emotional Milestones

- Likes rituals, rules, secret codes, and made-up languages
- Enjoys being a member of a club
- Increased interest in competitive sports
- Has better control of emotions, especially anger
- Begins to see that authority figures are not always right and can make mistakes too
- May defy authority
- Show interest in opposite sex by teasing, joking, and showing off



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## Activities for your 9–11-Year-Old



Your child's growing independence from the family and interest in friends might be obvious by now. Healthy friendships are very important to your child's development, but peer pressure can become strong during this time. Children who feel good about themselves are more able to resist negative peer pressure and make better choices for themselves. This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change on the horizon is the start of middle school or junior high. Here are some suggestions for activities to promote development at this age:

### Activities:

- Encourage a balance of physical activity that includes group sports, individual sports, and community activities.
- Children in this age group are developing larger appetites and will need to eat more.
- Games involving strategy are great for development of critical thinking and problem-solving skills.
- Provide a wide variety of reading materials. Encourage both pleasure reading and educational reading topics.
- Support school friendships. Provide a safe, non-judgmental place for children to gather in your home.
- Consider joining a volunteer organization to teach the value of giving back to the community.
- Encourage participation in clubs such as 4-H, Scouts, Y-Maidens, etc. Many of these clubs are service oriented organizations, and they provide great opportunities for kids to work together toward a common goal.
- Be a positive role model. Demonstrate kindness and compassion.
- Be a safe and approachable adult. Take time to talk frequently with your child about their feelings and about what is going on in their daily lives. Be mindful to listen without judgement and offer constructive feedback rather than criticism. Help your child come to conclusions on their own by asking leading questions and considering consequences. If a child does not feel safe when sharing information with you, they will avoid sharing future information.
- Start talking about the value of money. Help your kids develop a plan for saving. Consider opening a savings account. Maybe have the kids write down a goal and work towards achieving it. For example, the child may want to save \$50 to purchase a bike. Make a plan and set a goal date.