

Caring for Children: 6 to 12

Unit: Family Resource Management

Problem Area: Families

Lesson: Caring for Children: 6 to 12

- **Student Learning Objectives.** Instruction in this lesson should result in students achieving the following objectives:

- 1 Describe the development of children ages 6 to 12.**
- 2 Summarize the care of children ages 6 to 12.**

- **Resources.** The following resources may be useful in teaching this lesson:

E-unit(s) corresponding to this lesson plan. CAERT, Inc. <http://www.mycart.com>.

“Child Care for Older Kids.” *HealthyChildren.org*, Accessed Aug 20, 2019.
<https://www.healthychildren.org/English/family-life/work-play/Pages/Childcare-for-Older-Kids.aspx>.

“Growth and Your 6- to 12-Year-Old (for Parents).” Edited by Mary L. Gavin,
KidsHealth, The Nemours Foundation, Accessed Aug 20, 2019.
<https://www.kidshealth.org/en/parents/growth-6-12.html>.

Myers, Robert. “Moving Onwards - Your Six-Year-Old.” *Moving Onwards - Your Six-Year-Old*, Accessed Aug 20, 2019. <https://www.childdevelopmentinfo.com/development/moving-onwards-your-six-year-old/#gs.vx4lae>.

“Middle Childhood (6-8 Years Old) | CDC.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, Accessed Aug 20, 2019.
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>.

“Middle Childhood (9-11 Years Old) | CDC.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, Accessed Aug 20, 2019.
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html>.



■ **Equipment, Tools, Supplies, and Facilities**

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

■ **Key Terms.** The following terms are presented in this lesson (shown in bold italics):

- autonomy
- cause and effect
- cognitive development
- dexterity
- emotional development
- fine motor skill
- gross motor skill
- language development
- maturity
- milestone
- pediatrician
- self-esteem
- social development

■ **Interest Approach.** Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

Have students share about their own development from ages 6–12. NOTE: this may not be advised if trauma is present and a trusting relationship between teacher and students has not been built. Alternatives: Teacher shares own development at that age, students discuss family members, neighbors, celebrities of this age.

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Describe the development of children ages 6 to 12.

Anticipated Problem: How do children develop from ages 6 to 12?

- I. While the foundation of development has been set in the early years, middle childhood (ages 6-12) brings increasing influence from society and a questioning of self. A **milestone** is an event, action, skill or indicator that marks a significant stage of development. If a child does not have the skill or function to reach the milestone, it may indicate a delay in development or other issue. It is recommended to speak with the child's pediatrician about any concerns. A **pediatrician** is a doctor who specializes in the care of children.
 - A. PHYSICAL DEVELOPMENT: **Physical development** is the growth of the human body as well as the ability to use and control muscles. Physical development includes both fine and gross motor skills. A **fine motor skill** is a development of the small muscles. Examples of fine motor skills include writing or drawing with a pencil and holding a utensil to eat. A **gross motor skill** is the development of large muscles. Examples of gross motor skills include running and jumping.
 1. WEIGHT AND HEIGHT: According to the Kids Health article Growth and Your 6-to 12-Year-Old, "kids tend to get taller at a pretty steady pace, growing about 2.5 inches (6 to 7 centimeters) each year. When it comes to weight, kids gain about 4–7 lbs. (2–3 kg) per year until puberty starts."
 2. FINE AND GROSS MOTOR SKILLS: A six year old child will often write large letters when trying to write their name as they are still in the early developing stage of fine motor skills. As they grow they will continue to gain dexterity so their handwriting will improve and they can draw finer details. **Dexterity** is the skilled use of fingers and hands. Gross motor skills will also increase. Middle childhood children will gain gross motor abilities as well. Many children learn to ride a bike during these years as balance and coordination increase.
 - B. COGNITIVE DEVELOPMENT: **Cognitive development** is intellectual growth and increased brain function. Cognitive development includes learning, thinking, and reasoning. Most children will be in a school setting for several hours a day which help to improve their intellectual growth. Advanced reasoning skills are developed. Cause and effect situations become clearer as children gain experiences. **Cause and effect** is when one action or event being influenced or happening as the result of another.
 - C. LANGUAGE DEVELOPMENT: **Language development** is the increase in speech, hearing, and communication abilities. The average six year old will have increased their vocabulary to include over 2,000 words. This is often the time when a child learns to read. By age nine a child will have added a thousand more words to their

vocabulary and can write an entire paragraph. By the age of twelve children understand that words can have multiple meanings and can adjust their style of communication to fit a situation.

- D. EMOTIONAL/SOCIAL DEVELOPMENT: Social and emotional development involves learning to navigate relationships successfully, with oneself and others, and developing both the awareness and expression of emotions. This stage is also referred to as Industry vs. Inferiority by child development theorist Erik Erickson.
1. EMOTIONAL DEVELOPMENT: **Emotional development** is the awareness and expression of one's own emotions. During this stage of development, children acquire a more complex understanding of their emotions and who they are. They will continue to define their self-esteem. **Self-esteem** is the value one places on one's own abilities and knowledge. Refined expression of emotions will be important during this stage as identity is defined and more time is spent in social situations.
 2. SOCIAL DEVELOPMENT: **Social development** is the awareness of other's emotions as well as interacting with them. An ever expanding social circle leads to more interactions with others. Most children prefer to play with same-sex peers and still rely on caregivers for guidance in how to act in social situations.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM-A to help introduce development in children ages 6-8. Assign LS-A.

Objective 2: Summarize the care of children ages 6 to 12.

Anticipated Problem: What care do children ages 6 to 12 need?

- II. Even though a middle childhood child is showing many signs of independence, appropriate supervision is still very important. This is a time of risk taking to gain independence and abilities. A caregiver can support a child's need for independence by ensuring they are physically and emotionally available as much as possible.
- A. SIX - EIGHT YEAR OLD CHILD: Even though a 6-8 year old child has shown tremendous growth since being born only a few years ago, they still rely on a caregiver to set boundaries and expectations of behavior. When a child comes home from school or has friends over to play, a caregiver should be home to provide guidance. A caregiver should be providing most of the meals as well. A school age child could have the ability to make a simple meal such as cereal for breakfast, but the caregiver should still supervise. Mealtime could also be a time to teach the child about nutrition and simple cooking skills such as mixing or measuring. This is also an excellent time for the caregiver and child to discuss things that have happened throughout the day, questions the child may have and to build a trusting relationship.
- B. NINE - TWELVE YEAR OLD CHILD: By the age of nine many children start to question their place in the world. They are continuing to define who they are and

who they want to spend time with. It is important for a caregiver to recognize that a child of this age still needs guidance and supervision even though they often want autonomy. **Autonomy** is being in control of one's self. A child's maturity is the best determining factor in deciding how much freedom and autonomy he or she has. **Maturity** is reaching the level of adult development.

Teaching Strategy: Many techniques can be used to help students master this objective. Use VM-B to help introduce the development of children ages 8-11. Assign LS-A if it has not been done so previously.

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Have students explain the content associated with each objective. Student responses can be used in determining which objectives need to be reviewed or taught from a different angle. If a textbook is being used, questions at the ends of chapters may also be included in the Review/Summary.
- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.
- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

■ **Answers to Sample Test:**

Part One: Matching

1. d
2. a
3. f
4. b
5. e
6. c

Part Two: Completion

1. brain
2. result
3. hearing
4. value
5. control
6. adult

Part Three: Short Answer

Answers may vary but should be similar to; Emotional development is the awareness and expression of one's own emotions. Social development is the awareness of other's emotions as well as interacting with them.

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► Part One: Matching

Instructions: Match the term with the correct definition.

- | | |
|---------------------|-------------------------|
| a. pediatrician | d. milestone |
| b. fine motor skill | e. gross motor skill |
| c. dexterity | f. physical development |

- _____ 1. An event, action, skill or indicator that marks a significant stage of development.
- _____ 2. A doctor who specializes in the care of children.
- _____ 3. The growth of the human body as well as the ability to use and control muscles.
- _____ 4. The development of the small muscles.
- _____ 5. The development of large muscles.
- _____ 6. The skilled use of fingers and hands.

► Part Two: Completion

Instructions: Provide the word or words to complete the following statements.

1. Cognitive development is intellectual growth and increased _____ function.
2. Cause and effect is when one action or event being influenced or happening as the _____ of another.
3. Language development is the increase in speech, _____, and communication abilities.
4. Self-esteem is the _____ one places on one's own abilities and knowledge.



5. Autonomy is being in _____ of one's self.
6. Maturity is reaching the level of _____ development.

► **Part Three: Short Answer**

Instructions: Answer the following.

Describe the difference between emotional development and social development.

POSITIVE PARENTING TIPS FOR HEALTHY CHILD DEVELOPMENT AGES 6–8

Review these tips to better understand how children ages 6–8 develop:

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/middle-childhood-6-8-w-npa.pdf>



POSITIVE PARENTING TIPS FOR HEALTHY CHILD DEVELOPMENT AGES 9–11

Review these tips to better understand how to care for a child ages 9–11:

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/middle-childhood-9-11-w-npa.pdf>



Caring for Children Ages 6–12

Purpose

The purpose of this activity is to gain an understanding of the development of children ages 6–12.

Objectives

1. Research development for children six to twelve years old.
2. Review information given for each age.
3. Complete the chart

Materials

- ◆ lab sheet
- ◆ paper and pencil
- ◆ access to the internet on a mobile device or computer

Procedure

1. Access the Center for Disease Control (CDC) site at <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>.
2. Complete each section of the chart using the information from the site.
3. Choose one example for each area for each age.
4. An example is given for emotional/social changes ages six to eight.
5. Turn in completed lab sheet to your teacher.



Age/ Milestone	Emotional/Social Changes	Thinking and Learning	Positive Parenting Tips	Child Safety First	Healthy Bodies
6 years – 8 years	<i>Show more independence from parents and family</i>				
9 years – 11 years					