

# Phase - First Grade

THIS AGE IS ALL ABOUT GROWTH AND DISCOVERY. WHEN A FIRST GRADER LEARNS OR ACCOMPLISHES SOMETHING NEW, THEY MUST SHOW YOU. THEY WANT YOUR PRAISE AND APPROVAL BECAUSE THEY REALLY DID DO SOMETHING AMAZING!

## PHYSICALLY

- The tooth fairy is collecting incisor teeth.
- They may grow two to three inches.
- They are developing their fine motor skills. Drawing becomes more detailed and they are able to clap to a beat.
- A good night of sleep equals 10-12 hours.

## SOCIALLY

- Winning is everything! They will be more competitive and want to finish first.
- At this phase, they are developing a critical eye and might want their way when they feel something should be changed.
- Losing or letting another person go first is a big deal. They will need some coaching and help to learn the reason we should let others go first or pick what game to play.
- Friends may or may not be important at this stage. Someone might be their best friend one day because they played together and then completely forgotten about the next day.

## MENTALLY

- Kids are growing in their ability to focus more (5-15 minutes for an activity).
- Pull out your dad jokes book because kids in this phase understand ironic humor and tell simple jokes.
- They have a drive to learn new things.
- At this point they are starting to think through cause and effect. This isn't perfect, but they can understand the consequences of their potential actions.

## EMOTIONALLY

- They think very concretely. Things are either black or white. Parents need to help them understand perspective and navigate gray area situations.
- Very enthusiastic!
- It will be helpful to try out relaxation techniques (take a deep breath).
- Expressing their emotions through words can be difficult. Try playing or doing something artistic. This will help them communicate what they are feeling.
- When they are afraid or have anxiety, they will distract themselves rather than communicate what they are feeling.
- They will be very sensitive when it comes to criticism, tone, and body language. Try a gentle approach and have a few tissues on hand.