

# Middle Childhood Development (Ages 6–11)

## Quick Reference Handout

### ***Physical Development***

- Steady growth: 2–3 inches per year, improved strength and coordination.
- Gross motor skills: Running, jumping, organized sports, biking.
- Fine motor skills: Improved handwriting, crafts, tool use.
- Health awareness: Nutrition, hygiene, and physical activity become habits.

### ***Cognitive Development***

- Executive function: Stronger memory, planning, and attention skills.
- Academic mastery: Reading to learn, math operations, problem-solving.
- Concrete operational thinking (Piaget): Conservation, classification, logic with tangible objects.
- Metacognition: Awareness of learning strategies and self-monitoring.

### ***Social-Emotional Development***

- Industry vs. Inferiority (Erikson): Confidence through skill mastery.
- Friendships: Loyalty, shared interests, and peer acceptance grow in importance.
- Self-concept: More realistic self-view, influenced by teachers and peers.
- Emotional regulation: Greater empathy, understanding of others' feelings.

### ***When to Seek Support***

- Struggles with reading, math, or writing at grade level.
- Difficulty making or keeping friends.
- Extreme worry, sadness, or anger interfering with school or home life.
- Persistent coordination or attention difficulties.

*This handout is for informational purposes only and does not replace professional evaluation or support.*