

Age-Appropriate Expectations

Practical Application Worksheet

Use these reflection questions to calibrate your expectations to your child's actual developmental stage.

Closing the expectation gap reduces frustration for everyone.

Reflection Questions

- 1. What is your child's current age? Based on this lesson, what are 2-3 expectations you may have been setting too high?**

- 2. What are 2-3 things your child IS doing that are actually right on track for their developmental stage?**

- 3. Identify one recurring conflict that might be caused by an expectation gap. How could you adjust your expectation?**

- 4. What is one area where you could provide more scaffolding (support, teaching, patience) instead of expecting independent performance?**

- 5. Write a brief 'developmental cheat sheet' for your child's current age — 3 things to expect, 3 things not to expect, and 3 things that help.**

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