

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.

Wild and Resilient · Practical Application Worksheet · Module 1

For personal use only. © 2026 Wild and Resilient. All rights reserved.