stages of human development

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AI Overview

Human development unfolds in stages from conception to old age, broadly categorized as **Prenatal, Infancy & Toddlerhood, Childhood (Early, Middle), Adolescence, Adulthood (Early, Middle, Late)**, each marked by distinct physical, cognitive, and psychosocial milestones, like learning to walk, forming an identity, or navigating careers and family, as described by theories from experts like Erikson.

Here's a common breakdown of the stages:

1. Prenatal Development (Conception to Birth)

- Involves rapid cell division, organ formation (organogenesis), and growth from a single cell to a fetus.

2. Infancy & Toddlerhood (Birth to ~3 Years)

- **Key Developments:** Rapid physical growth, motor skills (walking, talking), building basic trust, language acquisition.

3. Early Childhood (Preschool Years, ~3-6 Years)

- **Key Developments:** Increased independence (autonomy), imaginative play, social skills, early literacy, Initiative vs. Guilt (Erikson).

4. Middle Childhood (School Years, ~6-11 Years)

- **Key Developments:** Cognitive growth (logic), academic skills, peer relationships, Industry vs. Inferiority (Erikson).

5. Adolescence (~11-19 Years)

- **Key Developments:** Puberty, abstract thinking, identity formation (Identity vs. Confusion), increased independence.

6. Early Adulthood (~20-40 Years)

- **Key Developments:** Career establishment, forming intimate relationships, Generativity (Erikson).

7. Middle Adulthood (~40-65 Years)

- **Key Developments:** Career peak, raising families, contributing to society, Generativity vs. Stagnation (Erikson).

8. Late Adulthood (65+ Years)

- **Key Developments:** Retirement, reflection, physical changes (slower movement, vision changes), Integrity vs. Despair (Erikson).

Key Types of Development:

- **Physical:** Body growth, motor skills, brain maturation.
- **Cognitive:** Thinking, problem-solving, language.
- **Psychosocial:** Emotions, personality, social relationships (like Erikson's stages).

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