



# Ages & Stages

## Prenatal

Pregnancy is a time of anticipation, excitement, preparation, and, for many new parents, uncertainty. The nine months of pregnancy will give you time to have your questions answered, calm your fears, and prepare yourself for the realities of parenthood. This section contains some guidelines to help you with the most important of these preparations.

### Featured Articles

Nutrition and Exercise During Pregnancy (<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Nutrition-and-Exercise-During-Pregnancy.aspx>)

Fish & Pregnancy: What is Safe to Eat? (<https://www.healthychildren.org/English/ages-stages/prenatal/Pages/Fish-Pregnancy-What-is-Safe-to-Eat.aspx>)

Going Home (<https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Going-Home.aspx>)

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## Baby: 0-12 mos.

It doesn't take long to develop the confidence and calm of an experienced parent. Your baby will give you the most important information—how she likes to be treated, talked to, held, and comforted. This section address the most common questions and concerns that arise during the first months of life.

## Featured Articles

Movement Milestones: Birth to 3 Months (<https://www.healthychildren.org/English/ages-stages/baby/Pages/Movement-Birth-to-Three-Months.aspx>)

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Common Diaper Rashes & Treatments (<https://www.healthychildren.org/English/ages-stages/baby/diapers-clothing/Pages/Diaper-Rash.aspx>)

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Newborn Pulse Oximetry Screening to Detect Critical Congenital Heart Disease (<https://www.healthychildren.org/English/ages-stages/baby/Pages/Newborn-Pulse-Oximetry-Screening-to-Detect-Critical-Congenital-Heart-Disease.aspx>)

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## Toddler: 1-3 yrs.

Your child is advancing from infancy toward and into the preschool years. During this time, his physical growth and motor development will slow, but you can expect to see some tremendous intellectual, social, and emotional changes.

## Featured Articles

Movement and Coordination (<https://www.healthychildren.org/English/ages-stages/toddler/Pages/Movement-and-Coordination.aspx>)

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Stuttering in Toddlers & Preschoolers: What's Typical, What's Not? (<https://www.healthychildren.org/English/ages-stages/toddler/Pages/Stuttering-in-Toddlers-Preschoolers.aspx>)

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Toilet Training: Which Method is Best? (<https://www.healthychildren.org/English/ages-stages/toddler/toilet-training/Pages/Toilet-Training-Which-Method-is-Best.aspx>)

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## Preschool: 3-5 yrs.

Your child is advancing from infancy toward and into the preschool years. During this time, his physical growth and motor development will slow, but you can expect to see some tremendous intellectual, social, and emotional changes.

## Featured Articles

Cognitive Development In Preschool Children (<https://www.healthychildren.org/English/ages-stages/preschool/Pages/Cognitive-Development-In-Preschool-Children.aspx>)

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Is Your Preschooler Overweight? (<https://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/Pages/Is-Your-Preschooler-Overweight.aspx>)

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## Gradeschooler: 5-12 yrs.

Your child should feel confident in her ability to meet the challenges in her life. This sense of personal power evolves from having successful life experiences in solving problems independently, being creative and getting results for her efforts.

### Featured Articles

Teaching Health Education in School (<https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Teaching-Health-Education-in-School.aspx>)

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Mental Capacity for Sports in the Pre-Teen Years (<https://www.healthychildren.org/English/ages-stages/gradeschool/fitness/Pages/Mental-Capacity-for-Sports-in-the-Pre-Teen-Years.aspx>)

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Common Sexual Concerns (<https://www.healthychildren.org/English/ages-stages/gradeschool/puberty/Pages/Common-Sexual-Concerns.aspx>)

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## Teen: 12-18 yrs.

Adolescence can be a challenge for parents. Your youngster may at times be a source of frustration and exasperation, not to mention financial stress. But these years also bring many, many moments of joy, pride, laughter and closeness.

### Featured Articles

Intervention Strategies for Concerned Parents (<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Intervention-Strategies.aspx>)

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Drowsy Teen Drivers (<https://www.healthychildren.org/English/ages-stages/teen/safety/Pages/Drowsy-Teen-Drivers.aspx>)

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When the Pressure to Excel Gets Out of Hand (<https://www.healthychildren.org/English/ages-stages/teen/school/Pages/When-the-Pressure-to-Excel-Gets-Out-of-Hand.aspx>)

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## Young Adult: 18-21 yrs.

A young adult who goes away to a college or a job far from home has to build a social support system from the ground up. At the same time, he may have to acclimate himself to a drastically different environment.

### Featured Articles

The Problem with Perfectionism (<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/The-Problem-with-Perfectionism.aspx>)

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Tips to Support Your Teen Graduating from High School (<https://www.healthychildren.org/English/ages-stages/young-adult/Pages/Mental-Health-Tips-for-Teens-Graduating-from-High-School.aspx>) [Back to Top](#)

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