

Normal Development: 10 Years Old

Physical Development

- Is energetic and spirited.
- Is usually awkward.
- Strives to be physically fit.
- Is fascinated with how the body works.
- May be curious about drugs, alcohol, and tobacco.
- Enjoys bathroom humor.

Emotional Development

- Goes back and forth between dependent child and independent pre-teen.
- Becomes more and more self-conscious.

Social Development

- Wants approval for being "good".
- Thinks a lot about the opposite sex.
- Relates strongly to peer group and follows group decisions.
- Gives in to peer pressure easily.
- Does not want to be "different".
- Likes to play in small groups.
- Confides constantly in best friend.
- Can be fickle.

Mental Development

- Is eager to learn and master new skills and proud of doing things well.
- Is concerned about personal abilities.
- Has some of his or her own standards of right and wrong

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend.

If you have any concerns related to your child's own pattern of development, check with your healthcare provider.

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