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| 8TH GRADE MILESTONES |
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Ages 12, 13, and 14



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| Parents - Important Announcement! Parents, we know it is hard to watch your teenager. You still can see them as your little child, yet you can see the person they are growing up to be. Loosen some reins, but pull back if need be. Your child is starting to take steps toward independence, we know it’s a big moment – EMBRACE IT! |

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| Dear Parent or Educator,  This stage of your child’s life is full of changes, whether they be social, physical, personal, or cognitive. This brochure was created to help show you that these changes are normal and the brochure will point out what is going on and what you can do to help your child through this point in their life.  Sincerely,  Rebecca Wiseman |
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## Physical Development – Changes in the body

* Puberty (Tips- physical activity, sleep, hygiene, and oral health)
* Bodies are growing more quickly than ever before
* High physical energy
* Acne
* Have real concerns about your child’s physical development? Contact your physician

## Personal Development – Changes in personality

Information adapted from Parent Tool Kit.com, Susan Robinson (Guidance Department) at scolumbiasd.k12.pa.us, Patti Ghezzi at schoolfamily.com

* Easily stressed
* More tired/needs a lot of sleep
* Touchy (flaring anger)
* If they are being mean they are most likely scared
* Louder

## Social Development – Way an individual relates to others

* Concerned with fitting in with peers
* Girls at this age crave having a best friend
* May start thinking about relationships and dating
* The mirror is their best friend and worst enemy at the same time
* Kids are prone to risk-taking at this age

## Cognitive Development – Changes in thinking, reasoning, and decision making

* Not willing to take big learning risks
* Challenge intellectual and social authority
* More abstract reasoning is present
* Easily bored
* Interested in technology and how things work