



## **Normal Development: 7 Years Old**

### **Physical Development**

- Still has better large muscle than small muscle coordination
- Rides a bicycle
- Begins to alternate rigorous and restful activities independently
- Favors competitive games
- Has more refined eye-hand coordination
- May ask questions about life, death, and the human body
- Still preoccupied with subject of teeth

### **Emotional Development**

- Becomes better at expressing negative feelings through language
- May blame another for own mistake

### **Social Development**

- Plays with boys and girls together
- Usually has a best friend of the same sex
- Shows growing concern about popularity among peers
- Seeks approval of peers as well as adults
- Takes it upon self to enforce rules
- Tattles on other children perceived to be misbehaving
- Tends to be quite critical
- Begins to look for role models

### **Mental Development**

- Experiences rapid language development
- Wants to be "first," "best," "correct" in everything
- Is greatly concerned with right and wrong
- Still has difficulty with concepts of honesty and dishonesty
- Begins to use logical reasoning to solve problems
- Continues to enjoy dramatic play

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 are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.

If you have any concerns related to your child's own pattern of development, check with your pediatrician or family physician.

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