

**The Johns Hopkins Health System
The Johns Hopkins Hospital**

**Age-Specific
Criteria**

**For
Clinical Staff**

**Self-Learning
Packet**



Revised 1998



Table of Contents



3

Neonatal/Infant (Birth - 1 Year)

- Birth to 4 Weeks
- 4 to 8 Weeks
- 2 to 4 Months
- 4 to 6 Months
- 6 to 9 Months
- 9 to 12 Months

7

Pediatric (1 - 12 Years)

Toddler-Preschool (1-6 Years)

- 12 to 15 Months
- 15 to 18 Months
- 18 to 24 Months
- 2 to 4 Years
- 5 Years

School-Age (6-12 Years)

- 6 to 8 Years
- 8 to 10 Years
- 10 to 12 Years

15

Adolescent (12-18 Years)

- 12 to 15 Years
- 15 to 18 Years

17

Adult (18-65 Years)

- Early Adulthood (18-29 Years)
- Young Adulthood (30-44 Years)
- Middle Adulthood (45-65 Years)

19

Late Adulthood (65+ Years)



Birth to 4 Weeks

Communication

- Smiles randomly
- Enjoys being held, cuddled, touched, talked to, and smiled at
- Cry is strong when hungry or uncomfortable



Safety Considerations

- Car seat required

Service Considerations

- Do not approach newborn directly or too quickly
- Approach primary caretaker(s) with a smile and make an appropriate comment about the newborn if the situation arises.

4 to 8 Weeks

Communication

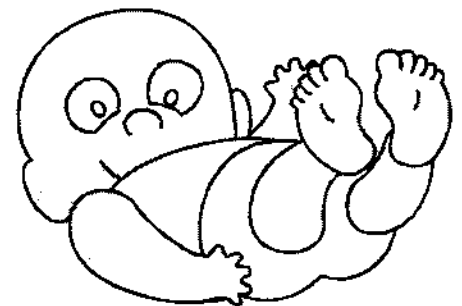
- Makes noises with throat
- Moves eyes
- Begins to smile in response to stimulation
- Begins to follow objects with eyes
- Responds to and enjoys:
 - Mobiles
 - Human faces
 - Being held, rocked, cuddled.

Service Considerations

- Do not approach newborn directly or too quickly
- Approach primary caretaker(s) with a smile and make an appropriate comment about the newborn if the situation arises.

Safety Considerations

- Car seat required





2 to 4 Months

Communication



- Smiles in response to another's smile
- Looks around in search of speaker
- Responds differently to familiar vs. unfamiliar
- Responds to and enjoys:
 - Increased contact with family members
 - Rattles
 - Easily grasped objects
 - Free-play with hands

Safety Considerations

- Car seat required
- Do not leave baby unattended on the floor or any other surface
- Remove all objects that could be eaten if the baby is on the floor
- Remove all cords and other objects that the baby could use to strangle him or herself.

Service Considerations

- Smile and talk to infant
- Do not approach the infant directly and too quickly
- Approach primary caretaker(s) with smile and make appropriate comments about infant if the situation arises.

4 to 6 Months

Communication

- Recognizes familiar objects
- Laughs aloud
- Babbles, coos, and gurgles when talked to
- Enjoys having other people around and being talked to
- Responds and enjoys increased contact with family, physical movement, copying others, soft toys, large toys, plastic rings, *banging* toys, and block toys

Safety Considerations

- Car seat required
- *Baby-proof* the environment
- Remove all objects that could be harmful to the baby (e.g., cords, ropes, objects small enough to be eaten, chemicals)



Service Considerations

- Smile and talk to infant
- Do not approach directly and too quickly
- Approach primary caretaker(s) with smile and make appropriate comments about infant if the situation arises.



Age-Specific Care

- *Involve child and caretaker(s) in the child's care during feeding, diapering, and bathing*
- *Encourage child to communicate*
- *Smile*
- *Speak softly*
- *Help educate the caretaker(s)*

6 to 9 Months

Communication

- Lets you know his/her feelings through sounds, crying, cooing
- Babbles
- Demonstrates excitement
- Vocalizes syllable sounds like *Ma*, *Da*, etc.
- Imitates adult sounds
- Responds to own name by vocalizing or stopping activity
- Turns head to side on hearing sounds
- Shows fears and is afraid of being separated from caretaker(s)
- Shows signs of frustration.

Safety Considerations

- Car seat required
- *Baby-proof* the environment
- Make sure objects that could be swallowed are moved
- Make sure that all objects (physical, chemical, electrical, etc.) are removed.

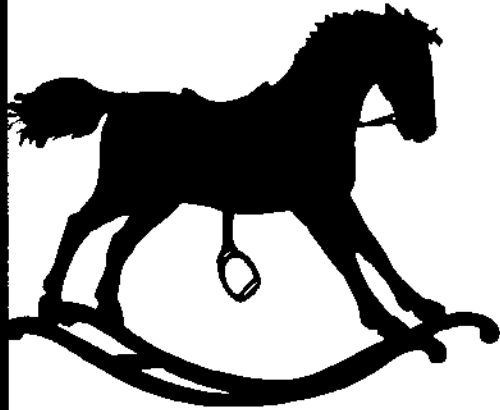
Service Considerations

- Call infant by name if known
- Make sure that the infant always has an eye on the primary caretaker(s) to avoid a strong cry (separation anxiety).





9 to 12 Months



Safety Considerations

- Car seat required
- Put small or sharp objects out of reach
- Make sure the environment is *crawl-* and *walk-proof*
- If baby is in danger, say *No* or *No-No* firmly.

Communication

- Copies sounds
- Says *Ma-Ma* and *Da-Da*
- Responds to own name
- Imitates gestures and facial expressions
- Plays peek-a-boo
- Shakes head for *No*
- Responds when asked to do something simple
- Stops activity in response to *No!*
- Shows fear of strange voices
- Shows emotions such as anger, joy, affection, jealousy.

Service Considerations

- Play peek-a-boo with hands
- Make sure that the baby always has an eye on the primary caretaker(s) to avoid a strong cry (may show fear of being separated from caretaker)
- Do not get upset if baby cries when you show up or when you talk to the infant (may show fear of strangers).

Caretaker Tip:

Caretakers may experience a degree of stress while their child is ill. Signs of this type of stress could be:

- *Anger or hostility toward the staff*
- *Rude, uncooperative, and/or demanding behavior*
- *Suspicious behavior as though staff is hiding something from them.*





12 to 15 Months



Safety Considerations

- Car seat required
- *Baby-proof* the environment
- Make sure baby changing areas are clean and functional
- Make sure baby does not run out into the street, parking lot, on escalators, or on elevators

Communication

- Knows 2-3 words
- *Jabbers* expressively
- Recognizes the meaning of *No*, *No-No*
- Shows emotion, e.g. joy, anger, frustration
- May indicate when diaper is wet
- Imitates simple acts
- Understands names of people

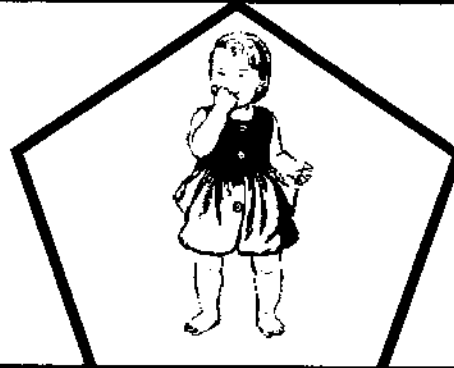
Service Considerations

- Smile and talk to baby
- Use a strong *No!* if the child is in danger; is likely to respond.

✓ Caretaker Tip:

- *Stay calm when caretakers express anger, hostility, or indifference*
- *Show flexibility by making changes or modifying care to help ease the pressure of the caretakers*
- *Say, "I realize this must be upsetting for you." Show your understanding*
- *Honor the caretaker as a partner in the child's treatment*





15 to 18 Months

Communication

- Knows 2-3 words
- Uses jargon
- Shakes or nods head to Yes and No questions
- Comprehends up to 50 words
- Responds to and enjoys...
 - Solitary play
 - Watching others play
 - Running
 - Water play
 - Riding toys
 - Outdoor activities
 - Throwing
 - Scribbling
 - Looking at books
 - Repetitive songs and toys
 - Push-and-pull toys

Safety Considerations

- Car seat required
- *Baby-proof* the environment

Service Considerations

- Smile and talk to baby



18 to 24 Months

Communication

- Talks in two-word combinations
- Vocabulary of about 300 words
- Imitates speech
- Points correctly to body parts
- Verbalizes needs
- Obeys simple commands
- Fears parents leaving
- Has a strong sense of *Mine!*
- May become less willing to do what you ask
- May throw temper tantrums
- Does not readily ask for help



Safety Considerations

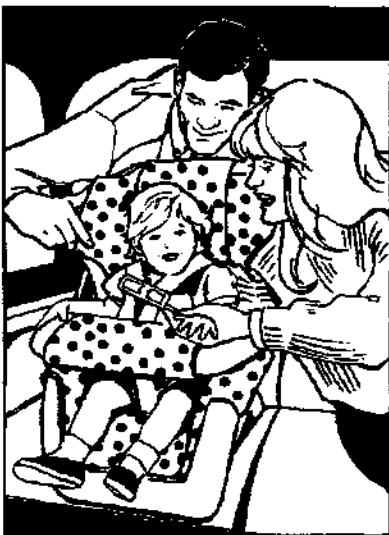
- Car seat required
- *Baby-proof* the environment
- Make sure that baby does not take any object that is harmful
- Repeat command if baby refuses to obey
- Provide help if you notice that a safety issue is at hand
- Tell baby to behave safely (e.g., crossing the street)
- Protect from harm if a tantrum is thrown
- Be aware that you could be bitten, scratched, or kicked during a tantrum
- Protect property if a tantrum is thrown

Service Considerations

- Smile and talk to baby
- Make sure that baby is reassured that primary caretaker(s) will return if separated
- Ask baby what he or she would like to eat or drink.

✓ Caretaker Tip:

Use words that caretakers will understand. When you must use medical terms, explain what you mean.





2 to 4 Years

Communication

- Speech is 50-75% intelligible
- Talks in 3-4 to 4-6 word combinations
- Knows first and last name
- Understands long and complex sentences
- Knows physical needs
- Uses play to learn, express self, and work out fears
- Temper tantrums and negative behavior may continue



Caretaker Tip:

Caretakers want to know what their alternatives are. They can be good partners in care if they know their choices and the consequences of each. It will help them make the best decisions for the patient.

Safety Considerations

- Car seat required (until weight reaches 40 pounds)
- Explain in simple terms why certain behaviors or objects are dangerous and harmful (while removing objects from child).

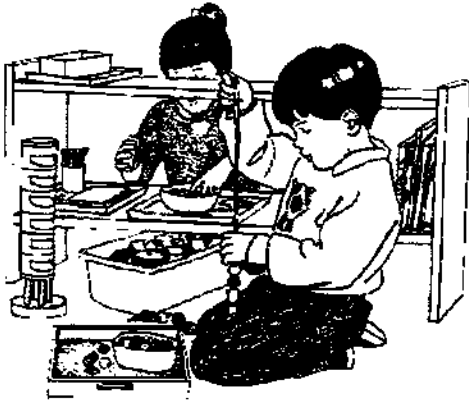
Service Considerations

- Ask child if he or she wants certain foods and drinks
- Lean down and forward when interacting with child
- Honor requests to place foods in certain places, e.g., nothing touching on the plate.





5 Years



Caretaker Tip:

Take advantage of possible teaching opportunities. Promote safety and healthy habits with 5-year-olds, such as good nutrition, personal hygiene, bike helmets, and safety belts.

Communication

- Vocabulary of 1500-2100 words
- Speech is 90-100% intelligible
- Can count to 5-10
- Comprehends *cold, tired, etc.*
- Uses play to learn, express self, and work out fears
- Plays with peers
- Marches and swings
- Enjoys rhymes and riddles
- Pretends.

Service Considerations

- Lean forward and interact with child
- Recognize peers of child as important
- Call child by first name, by last name if appropriate, or both.
- Let child make food choices
- Use toys and games to teach child and to reduce fears
- Encourage child to ask questions, play with others, talk about feelings.



Safety Considerations

- Seat belt required
- Protect child from fantasies and pretend behavior that is dangerous
- Explain simply to child the differences between *safe* and *unsafe* behaviors and the consequences of dangerous behavior.
- Help caretaker(s) teach child safety rules



6 to 8 Years

Communication

- Uses language correctly
- Begins reading, writing, adding, and subtracting
- Attention span lengthening
- Tells time by hour
- Gives address
- Cooperative family member
- Has a concept of death
- Enjoys...
 - Same-sex peers
 - Outdoors
 - Competitive games
 - Board games
 - Songs
 - Riddles and rhymes
 - Imitative play
 - Arts and crafts
 - Books and stories

Safety Considerations

- Seat belt required
- Alert child to stay focused when doing any activity, particularly outdoor activities
- Protect children who are naturally drawn to dangerous situations

Service Considerations

- Call child by name
- Interact with child and peers if it seems appropriate





8 to 10 Years

Communication

- Can name from memory and describe differences between objects
- Participates fully in conversation with adults
- Begins separation from family
- Learns by doing
- Understands *past, present, and future*
- Understands death as permanent, biological, and universal
- Becomes extremely critical of parents
- May be independent, disobedient, defiant; rejects discipline
- May glorify another family
- Tries to be more grown up.

Service Considerations

- Interact with child as you would with an adult
- Honor their striving for independence.

Safety Considerations

- Seat belt required
- Repeat directions firmly to protect child
- Needs to be reminded of dangerous situations
- Explain the consequences of dangerous behaviors, even those resulting in actual physical death.



Caretaker Tip:

Points to remember:

- *Don't ignore the patient while talking to the caregiver(s)*
- *Don't give painful or complicated information hurriedly or abruptly over the telephone*
- *Don't use inappropriate humor or words aimed at the patient or caregiver(s)*
- *Don't give false hope*



10 to 12 Years



Communication

- Very verbal
- Can verbalize feelings, but privately
- Understands humor
- Enjoys interacting with peers of both sexes
- Appearance becomes important
- Copies teenage dress and slang
- Continues to be self conscious
- May worry and exhibit nervous behavior
- Awakening interest in world beyond home and community
- Can be assisted to make logical decisions

Safety Considerations

- Seat belt required
- No smoking under age 18
- No drinking under age 21
- Explain safe behavior using logical explanations and reasoning
- Be cautious of risky behavior when in a crowd because of peer pressure
- Model appropriate male/female relationships.

Service Considerations

- Interact with honesty and respect
- Honor the fact that appearance and self consciousness are important to child
- Provide comfort and assurance if you notice worry or nervous behavior
- Humor can go a long way to developing a relationship





12 to 15 Years

Communication

- Able to interpret social class and emotional state of others
- Able to gain and maintain attention in socially acceptable ways
- Beginning interest in dating
- Increasing concern over physical appearance
- Need for privacy continues
- Extremely idealistic
- Able to consider potential alternatives to situation yet experienced
- Interested in making independent decisions
- Reasons through trial and error
- Has difficulty understanding consequences of their behavior.

Safety Considerations

- Seat belt required
- No smoking under age 18
- No drinking under age 21
- Explain safe behavior using logical explanations and reasoning
- Be cautious of the increasing impact of peer pressure
- Clearly communicate the immediate consequences of engaging in unsafe behavior.

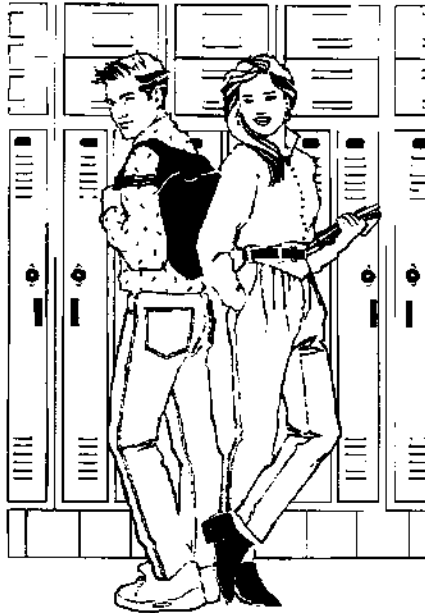
Service Considerations

- Interact with respect
- Pay attention to the increasing emphasis on physical appearance
- Respect the need for privacy.





15 to 18 Years



Safety Considerations

- Seat belt required
- No smoking under age 18
- No drinking under age 21
- Model appropriate male/female relationships
- Enforce limits using strategies other than parental power; instead use reasoning, explanation, and self protection.

Service Considerations

- Interact with respect and dignity
- Make certain not to refer to person as *child, boy, girl, etc.*
- Respect need for privacy
- Pay attention to the increasing emphasis on physical appearance.

Communication

- Decisions continue to be influenced by peers and significant adults through becoming increasingly independent
- May question authority figures and seek out ways to change a situation which seems unfair
- Need for privacy continues
- Formulates sex role identity
- Experiences mood changes and unpredictable reactions; being unable to make decisions is common
- Experiments with *adult behavior*.





Early Adulthood (18-29 Years Old)

Developmental Tasks

- Establishes personal identity and a residence
- Develops intimate relationships outside the family
- Establishes a personal set of values and a career that provides satisfaction, security, and a feeling of contribution.

Safety Considerations

- Seat belt required
- No drinking under age 21
- Emphasize the consequences of being an adult from a legal perspective
- Focus on the fact that pre-teens (10-12 years) model their behavior based upon what Early Adults do.

Service Considerations

- Interact in a way that respects the other
- Anticipate a need and meet the need
- Listen to concerns and respond.

Young Adulthood (30-44 Years Old)

Developmental Tasks

- Continues work on the developmental tasks of early adulthood
- Manages a household, possibly some children, and a career
- Maintains friendships.

Safety Considerations

- Seat belt required
- No drinking and driving
- Clearly communicate the rules and the consequences for violating the rules.

Service Considerations

- Interact in a way that respects the other
- Anticipate the need and meet the need
- Listen to concerns and respond
- Be patient due to the multiple demands and priorities of managing a household, a career, friends, and maybe children.



Developmental Tasks

- Discovering and developing new satisfaction
- Helping growing and grown children
- Creating a pleasant, friendly, and comfortable home
- Balancing work with other roles
- Accepting that they are now having to take care of their aging parents
- Achieving social and civic responsibility
- Accepting and adjusting to physical changes of middle adulthood

Middle Adulthood (45 to 65 Years Old)

Safety Considerations

- Seat belt required
- No drinking and driving
- Watch out for role overload and doing too much with too few resources.



Service Considerations

- Interact in a respectful manner
- Be patient with the pressures of managing multiple priorities and perhaps caring for kids and aging parents (*Sandwich Generation*).



Late Adulthood (65+ Years Old)

Developmental Tasks

- Adapting to physical changes that accompany aging
- Redirection of energy and talents to new roles and activities
- Development of a personal view of death.

Safety Considerations

- Seat belt required
- No drinking and driving
- Be alert for disorientation due to early signs of confusion and forgetfulness (dementia) or the mixing of prescribed medications
- Be alert to preventing falls and slips that might result in breaks and cuts.

Service Considerations

- Interact in a way that shows respect for person, age, and wisdom
- Speak in a normal volume unless you know the person has a hearing impairment
- Walk at a normal rate unless you know that an ambulatory problem exists
- Make sure printed materials are in large print.

