

AGES & STAGES

9–11 years



Friendships and accomplishments are important to older children. Secret codes, made-up languages, and passwords are used to strengthen the bonds of friendship. Be prepared to use all your “patience” skills as your child may tend to think that he or she does not need adult care or supervision.

9–11 YEARS

Growing and Moving

- improves finger and hand coordination making it easier to write and play musical instruments
- shows improved coordination and reaction time
- may begin to grow rapidly at the end of this age period
- girls are generally as much as 2 years ahead of boys in physical maturity
- girls may begin to menstruate

Thinking and Learning

- views themselves as part of a larger world that extends beyond their family and community
- fantasizes and daydreams about the future
- may develop special interest in collections or hobbies
- enjoys planning and organizing tasks
- enjoys learning how things work
- becomes more product and goal oriented
- has great ideas and intentions, but some difficulty following through
- enjoys games with more complex rules

Listening, Talking, and Reading

- no longer learning to read, but now reading to learn
- shows interest in non-fiction stories, magazines and how-to project books
- enjoys books about exciting adventures
- adds many new words to enrich vocabulary
- spends a lot of time in conversations with friends
- learns how to “fine-tune” communication skills



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TOYS



Feeling and Relating

- often likes rituals, rules, secret codes, and made-up languages
- enjoys being a member of a club
- has increased interest in competitive sports
- has better control of anger
- begins to see that parents and authority figures can make mistakes and are not always right
- may belittle or defy adult authority
- shows interest in opposite sex by teasing, joking, showing off
- becomes more self-conscious about physical appearance
- prefers spending more time with friends than with parents
- may sometimes be verbally cruel to classmates with harsh “put downs” and snide remarks
- tends to see things as right or wrong, fair or unfair, with no middle ground
- better now at understanding other’s emotions, but not always their own

LET’S TALK!

Ideas to help children build communication skills

Ask questions to encourage thinking and problem solving. Older school-agers are interested in facts and how things go together. Help them build upon their learning by asking who, what, why and how questions. Encourage them to have back-and-forth conversations with each other. Help them expand their vocabulary by learning new words for different items.

Toys and Hobbies

arts and crafts materials

musical instruments

sports equipment

camping equipment

gardening tools

construction sets

electric trains

bicycles (use helmets)

models

board games



BOOKS



Books for Children

Ella Enchanted
Gail Carson Levine

*From the Mixed-Up Files of
Mrs. Basil E. Frankweiler*
E.L. Konigsburg

*Harry Potter and the Sorcerer's
Stone*
J.K. Rowling

*Hidden Figures, Young Readers
Edition*
Margot Lee Shetterly

Holes
Louis Sachar

How to Eat Fried Worms
Thomas Rockwell

Nothing's Fair in Fifth Grade
Barthe DeClements

Tales of a Fourth Grade Nothing
Judy Blume

*The Animal Book, Smithsonian
Series*
DK Books

The Indian in the Cupboard
Lynne Reid Banks

IDEAS TO ENCOURAGE DEVELOPMENT

- Encourage a balance of physical activity that includes: group sports (soccer or basketball), individual life-long sports (running, yoga or biking), and community activities (gardening or folk dance).
- Remember to provide plenty of food. Older children have larger appetites than younger children and will need to eat more.
- Provide opportunities for older children to play games of strategy. Checkers, chess, and Monopoly are favorites.
- Provide opportunities for older school-agers to help out with "real skills" such as cooking, sewing, gardening, repairing toys, or designing dramatic play props.
- Provide a wide variety of reading material: fiction, non-fiction, magazines, how-to project books. Help children research a topic of interest.
- Provide time and space for an older child to be alone. Time to read, daydream, or do school work uninterrupted will be appreciated.
- Support school friendships. Relationship building is hard work. Ask children to tell you about their friends and how their day went while it is still fresh on their mind. Help find creative outlets for strong emotions.
- Be a positive role model. And be approachable. Talk out loud about your hobbies, decisions, and values. Encourage respect for others. Demonstrate kindness, fairness, honesty, and cooperation.
- Encourage your child to participate in an organized club or youth group such as 4-H or Scouts. Many groups encourage skill development with projects or activities that can be worked on at home.
- Encourage your older child to help with a younger one, but avoid burdening older children with too many adult responsibilities. Allow time for play and relaxation.

A Word on Development

Every child is unique. Each child's learning and growth rates may differ slightly from other children the same age. If, however, you notice a child is unable to do many of the skills listed for his or her age group, you may wish to talk with a health professional. In Iowa, you may request a free evaluation and assessment from **Early ACCESS** at 1-888-425-4371. www.iafamilysupportnetwork.org/early-access-iowa

If your child has special needs, early help can make a difference.

Resources

Iowa State University Extension and Outreach

- Human Sciences www.extension.iastate.edu/humansciences
- Extension Store store.extension.iastate.edu

Search "Ages and Stages" for information about specific development milestones.

The developmental information provided in this bulletin has been combined from a variety of professional resources to help you understand your child's overall growth. It is not a standardized measurement tool.

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Ages & Stages 9-11 Years is available online at: store.extension.iastate.edu/Product/5028.

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