<table>
<thead>
<tr>
<th>Age/Developmental Stages</th>
<th>Developmental Considerations</th>
<th>Reactions to Hospitalization</th>
<th>What You Can Do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants 0 - 1 years</td>
<td>- Learn about the world through senses - Begin to recognize familiar voice - Fine motor development begins (after 6+ months) - Begin to develop trust - Stranger awareness - Object permanence - Begin to imitate sounds - Cooing-&gt;baba, dada</td>
<td>- Irritability - Crankiness - Immediate reaction to pain/discomfort - Respond to change in routine - Sleep too much or too little (after 6+ months) - Separation anxiety - Stranger anxiety</td>
<td>- Encourage parental presence/support - Provide/allow soothing music - Use gentle touch - Dim the lights - Lower sounds - Allow familiar blanket, toy, or pacifier - Provide/advocate for consistent staff</td>
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<tr>
<td>Toddlers 1 - 3 years</td>
<td>- Learning about the world by doing - More independence in self care and ADL’s (autonomy) - Social development begins - Quick development of language - Imitate grownups - Egocentricity begins</td>
<td>- Stranger anxiety - Separation anxiety - Immediate physical response to pain - Respond through crying/crankiness to unfamiliar environment - Loss of autonomy - Intense dislike of being restrained - Respond to change in routine</td>
<td>- Encourage parental presence/support - Support parents so they can support child - Allow familiar blanket, toy or pacifier - Use positions for comfort - Allow child to explore materials, environment - Continue normalcy/routine as much as possible - Offer simple choices</td>
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<tr>
<td>Preschool-Aged 3 - 6 years</td>
<td>- Egocentric - Blurred boundaries between fantasy and reality - Quick development of language - Developing mastery over movement and play - Autonomy development continues</td>
<td>- Separation anxiety - Display magical thinking and misconceptions - Fear that hospitalization is a form of punishment - Fear that an action caused illness/painful procedure - Loss of autonomy - Fear regarding things that hurt</td>
<td>- Encourage parental presence/support - Support parents so they can support child - Reassure child (not fault) - Allow the child to have a role - Continue normalcy/routine as much as possible - Offer simple choices - Provide simple, concrete explanations before/during procedures</td>
</tr>
<tr>
<td>Age/Developmental Tasks</td>
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| **School-Aged 6 - 12 years** | Cognitive: concrete operational | - Ability to recall past/similar experiences  
- Aware of rules and doing things correctly  
- Values peers  
- Self-esteem is influenced by perception of performance | - Stress over separation (parents and peers)  
- Fear of pain and death  
- Fear of anesthesia and injury  
- Fear of loss of control  
- Concerned about loss of privacy  
- Rebellious behavior | - Offer privacy whenever possible  
- Allow child to have a role  
- Offer simple choices  
- Encourage communication  
- Allow for preparation for medical experiences  
- Provide simple information |
| **Psychosocial: industry vs. inferiority** | - Stress over separation from peers, “missing out,” and loss of status  
- Desire to rebel promotes non-compliant and/or regressive behavior  
- Preoccupation with body image  
- Worry how they are perceived by others  
- Mortality concerns | - Provide accurate information regarding medical experiences  
- Encourage adolescent to participate in their own care  
- Offer and allow privacy  
- Allow adolescent to have a role in procedures  
- Allow for preparation for medical experiences  
- Offer choices  
- Allow and encourage peer/family interaction/presence | |
| **Adolescents 12 - 21 years** | Cognitive: formal operational | - Explore different solutions to the same problem  
- Specialization in areas of interest  
- Perception that others are attentive to their presentation  
- Personal wish to be remembered and unique  
- Able to think abstractly and logically | - Stress over separation from peers, “missing out,” and loss of status  
- Desire to rebel promotes non-compliant and/or regressive behavior  
- Preoccupation with body image  
- Worry how they are perceived by others  
- Mortality concerns | - Provide accurate information regarding medical experiences  
- Encourage adolescent to participate in their own care  
- Offer and allow privacy  
- Allow adolescent to have a role in procedures  
- Allow for preparation for medical experiences  
- Offer choices  
- Allow and encourage peer/family interaction/presence |