



City of
Doncaster
Council



*Logo created by "Doncaster
Young Advisors"*

Transition Development Milestones

This information is taken from [The Solihull Approach](#) and is intended to support understanding of typical emotional and developmental milestones at stages of transition from the ages of 10 to 17.

It is important to keep this in mind when planning transitions in order to recognise predictable challenges and put effective developmentally appropriate support in place.

Year 6-7 (10 to 11 years)

Emotional Milestones

- Discovery that the rules of life are increasingly complicated, and that the world seems a much bigger place. More independence is achieved, and the nature of friendships is changing.
- They are now able to set and achieve their own goals.
- There is a mental change that occurs at this time, they discover the wider picture and have to think around subjects.
- Increased awareness of where they stand in relation to others; they will know their ranking in class.
- Aware of social and cultural differences.
- They may feel pressured if they have learning difficulties or are considered very able.
- Anxious to please their parents and feels the pressure to succeed, and often seeks out a middle position so as to not stand out from their peers.
- Friendship provides opportunity to move away, both emotionally and actively, from a focus within the family.
- Hobbies and pursuits are important, allowing them to make gains.
- Increasingly concerned about issues of justice and fairness.
- Increasing independence, becoming more self-aware.
- Developing own interests can lead to conflict in family.
- Needs parental support to help explore and understand their developing skills and relationships.
- Adopted children become increasingly curious about birth parents.
- Developing ideas of what it is to be a man or a woman. Parental attitudes will be a big influence.
- May join with older children as wants to feel more grown-up and be tempted into risky behaviour, e.g., smoking, drinking alcohol.
- Friendships maybe part of a larger group of friends, a lot of 'best friend' swapping can happen, causing upset. Groups are often more activity-based usually for boys, e.g., football, skateboarding, rather than focused on interpersonal relationships.

Developmental Milestones

- 11-year-olds need to be kept informed about the changes that are happening to them so they understand their bodies and feel prepared.
- Some children look forward to changing school, the change as a step towards growing up, others find the upheaval difficult.
- Developing an independence of mind, having own opinions, thinking and learning in a more logical way may develop for some learners.
- They may need reminding about personal hygiene.
- Appetite may change, some young people may become focused on their body image and/or weight.
- Reluctant to go to bed and to get up as their sleep cycle changes.

Year 8 and 9 (12–14 years)

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none">• Body changes may evoke a variety of feelings such as denial, dread, apprehension, relief, delight, pride, disgust, excitement, worry and self-consciousness.• Parental anxiety.• Making new relationships and changing relationship with parents.• Sexuality, sorting out confused feelings, experimenting as establishing 'who's me'.	<p><u>School life</u></p> <ul style="list-style-type: none">• Making friends in and out of school and being part of a group.• Social stress, pain and pleasure of being included and excluded.• Very influenced by peers• Losing bonds with parents• Establishing own identity• Rebelling and conforming, moving between the two.• Experimenting and testing• Music and clothes may be closely related.• Testing the limits• Increased exposure to range of thinking, learning and acquiring new technical skills. <p><u>Family Life</u></p> <ul style="list-style-type: none">• Conflicts within and outside the family.• Wanting the responsibilities of being grown-up and at the same time wanting things done for them.• Separating from parents. <p><u>Possible difficulties:</u></p> <ul style="list-style-type: none">• Stealing or pushing social boundaries• More serious mental health difficulties such as eating disorders.• An interest in forbidden things such as drugs and alcohol• Understanding their sexuality and feelings for others

Post 16 transition (15–17 year)

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none">• Period of emotional upheaval, change and confusion.• Strong desire to move away from family and authority, develop their own identity and beliefs. Need to have own space and be recognised as individuals.• School and society may be perceived as a threat to establishing their own identity.• This may develop into conflict and arguments, rejecting adult advice.• May appear as idealistic, arrogant or self-righteous, provoking discussion and challenging parents' opinions and beliefs in an attempt to show their independence but also to engage parents.• The reverse may also be apparent, withdrawing from family life, avoiding conversation and contact when, in reality, they are really still in need of parental attention.• Mood swings occur as the teenager copes with alternate feelings of fearing, then desiring, to be an adult, sometimes needing space, and at other times nurturing.• Boundaries may be a source of anguish, the parent concerned with safety and the young person stating, "It's my life."• Expectations may be the result of parental wishes rather than the teenagers hopes and dreams and this may lead to unhappiness on both sides.	<ul style="list-style-type: none">• Time of great physical growth and change. Adolescents may become preoccupied with their bodies – too fat; too thin; "Is it normal?"