

Babies

All babies are born helpless.
They need a parent to do everything for them.



What does a parent do to take care of a baby?

Answer

- Feed the baby milk.
- Keep the baby clean and healthy by changing its nappy and bathing it.
- Make sure the baby is warm and comfortable.
 - Play with the baby.
 - Give the baby lots of love.

Toddlers



At about 1 year old babies start to develop lots of new skills.

They learn to walk and talk. They are a bit wobbly on their feet. They start trying to do things for themselves such as holding the spoon when feeding or building a tower of bricks.

They stop drinking just milk and start to try lots of different food. Toddlers grow and develop muscles to help them move around.

What does a parent have to do to their house to take care of a toddler?

Answer

- Fit a stair gate to stop accidents when the toddler want to go exploring.
- Cover all plug sockets so a toddler can't stick things to them.
 - Buy toys that are safe to play with.

Child



This is the stage of life you are at! Children are aged 3-12.

During these years you learn lots of new skills such as reading and writing, counting, kicking a ball, swimming, riding a bike.

You have lots of new experiences like starting school, going on a sleepover or getting a pet. You try different foods and develop tastes you like and dislike. You grow, both in body size and weight.

What changes are happening to you at the moment?

Answer

- Wobbly tooth.
- New shoes because feet have grown.
- Starting to go to play at your friends houses with mum or dad being there.
- Going to bed later.

Teenager



Teenagers are aged between 13 and 19. Teenagers are getting ready to become adults. They want to try things on their own. Teenagers eat a lot because they grow and change a lot. They can get spots and their hair changes. They can sometimes be a bit grumpy! This is because new hormones are growing and changing in their body. Teenagers grow fast so they eat a lot!

How can you tell someone is a teenager?

Answer

- Taller than a child.
- Often out without a parent to look after them.
- Might have spots.

Adult

Once you are an adult you are fully grown.

It is important you eat healthily and exercise to keep your body working well.

Adults can have babies of their own.

Who are the adults in your family?
Why are they different to you?

Answer

- Get married.
- Make their own families.
- Have to watch diet and weight to stay healthy.



Elderly

Adults continue to age throughout their lives. You are classed as elderly after the age of 60, but many adults of this age don't feel old!

Elderly people begin to slow down as their body ages. Their skin goes softer and more wrinkly. Their eyes stop working as well and often need glasses. Joints and muscles can ache more. You shrink! Just a bit but your bones are not being remade as they were when younger.

What signs can we see that some one is elderly?

Answer

- Softer skin.
- Grey hair.
- May need help to move around.

