

Stages of life





baby



toddler



child



teenager



adult



elderly

There are six stages of life. At each stage, people have different needs, responsibilities and lifestyles.





baby (0–1 year old)





Newborn babies need adults to to feed, wash and dress them. Babies usually begin to make sounds at about six months old. At about one year old, they may begin to walk.





toddler (1–3 years old)





Toddlers have learned to walk and talk and can recognise people who are important to them. They show emotions and can follow instructions. Toddlers learn songs, rhymes, colours, shapes and letters. They start to dress and feed themselves but adults still take care of them. Toddlers need a lot of sleep at night and naps in the day.





child (4–12 years old)





Children grow and change quickly. They can talk, sing, run, skip and jump. Children go to school to learn and play with their friends. They start to make their own choices, learn new hobbies and start to do things on their own. Adults still look after and help children but they do less as children grow older. Adults prepare meals, buy clothes and keep children safe.





teenager (13–19 years old)





Teenagers are more independent and begin to make choices. Most teenagers still live at home with their families. Teenagers go to school or college and take exams. Most teenagers like to spend time with their friends, playing computer games or listening to music. Teenagers can learn to drive when they are 17 years old. They can go to university or start work when they are 18 years old.





adult (20–64 years old)





Adults look after themselves and live in their own homes. They earn and spend their own money. Many adults get married and have children. Adults work and look after children and older family members.





elderly (more than 65 years old)





Elderly people stop working when they retire from their jobs. They have more free time to travel or do voluntary work. They visit their grown up children and play with their grandchildren. Elderly people might start to slow down and have health problems.

