

# The Great (and not so Great) 8!

## Child Development at age 8



- Converses at adult pace and level
- Enjoys humor and loves to play jokes
- Takes things apart to see how they work
- Has gains in long term memory and selective attention
- Verbally expresses themselves
- Increased understanding of language and slang



- Growth slows overall
- Increased energy and activity
- Improved hand-eye coordination
- Able to label left and right sides of the body
- Increased awareness of sex and reproduction
- Hormonal activity triggers mood swings



- Sensitive and can be dramatic
- Outgoing and social but can be rude and demanding
- Self-competitive and self-critical
- Child understands and interprets others' emotions
- Able to regulate their own emotions
- Child experiences fears and anxieties but is less likely to express these to adults



- Outgoing and social; likes to talk
- Spends more times with friends
- Prefers same-sex peer play over solitary play
- Influenced by peer pressure and desires to be accepted
- Uses tech to connect with peers
- Sensitive to criticism and correction
- Competitive with siblings
- Seeks approval from adults; enjoys adult interaction

## Common Challenges

High levels of energy and activity that may surprise adults

Increased focus and concern about peers and acceptance

Excessive self-criticism

Testing rules and limits