



## The Calmer Seven

Information gathered from Louis Bates Ames and Frances Ilg from the Gesell Institute of Human Development.

Disclaimer: Every child is unique and may not go through the same milestones at the same time. Generally, rate of development is predictable; however, children may not proceed at the same rate. This information is a guide for an average child. Also, take your child's personality into consideration. The information below goes into depth about the personalities and interests of your child's age rather than developmental milestones, which can worry a parent. This article is to become aware and understand if your child may be more quiet, defiant, playful, exuberant, introverted. Some of these characteristics could be typical for their age and stage. Of course, your child has his or her own personality and how he sees the world and your child's sense of significance and belonging. My goal is that you become to appreciate some of these characteristics and embrace some of these new traits within your children as they are and who they become.

### **Feelings**

Your Seven-year-olds may be happy and secure at times. In general, though at this age your child may be more withdrawn, pulling themselves in, and calming down. This may seem as a relief, or maybe for an anxious child, a bit of a concern. It is possible though your child may be more willing to share idea at this age and communicate emotions. Does your seven-year-old think they are being picked on? At this age, it is typical for a child to think others aren't acting the way they should and are being mean or hurtful and that a person may be teasing your child. Your child may be moodier and feel like they get made fun of. He may also feel fearful others do not like him. At this age, your child may hurt other children's feelings typically the same age or younger, but they don't tend to mean to hurt other's feelings. Your seven-year-old may say new phrases or demonstrate new actions at home, imitating friends at school.

### **Bad Luck**

Tears may come a little more easily but your child may try to hold them back because he may be embarrassed or cry in front of others. He may think that he has "bad luck" and "bad things only happen to me."

### **Listening**

Seven-year-olds can be good listeners and enjoy listening and reflecting. He may be more willing to listen to someone else's side of a story.

### **Do the Right Thing**

A seven-year-old wants to do thing right and can be more serious. Conflicts at this age can be internal, so be careful not to simply address the superficial problem, but rather concentrate on the belief behind the behavior because your seven-year-old may be struggling with her ability, performance and living up to standards. Seven-year-olds may seem less satisfied with life and sulk more often.

## Thoughtful

At this age, your seven-year-old may write you thoughtful letters and may be concerned about what you think. They typically admire their fathers and enjoy walking with them and participating in outdoor activities and organized sport with them. They tend to be more agreeable with adults.

## Chores

Most seven-year-olds are concerned about their place in the family and their relationships with members of the family. Also, at this age, seven-year-olds like the idea of doing chores for extra money or allowance and can certainly help with dishes, empty waste baskets, make their beds; however, this is unlikely to be consistent.

## Failing

In regard to tensional outlets, seven-year-olds tend to erase more and like to make things “perfect.” At this age, your child may be more fearful of failing. They may be more anxious and more afraid to fail. During a fight, your child may step away and be upset rather than attack or fight back

Seven year olds do not usually try new or different activities, so waiting until they are eight if there is much pushback may be a good idea. There is no need to rush into activities.

## Interests

At seven, children often like to collect Pokémon cards, stones, coins or shells. In regard to time, seven year olds often do not know how to tell time, but they are concerned with time. Your child may like to plan her day, and know months and seasons. At six, many children are very concerned with death and loved ones dying and often by seven they may be less interested in thinking frequently about death. However, your seven-year-old may be curious and excited about things in the world. They may ask a lot of questions about the world and are natural explorers. Your child may enjoy simple addition and math and may be able to apply these skills to word problems.

## How to support your child

1. **Listen.** Listen to your seven-year-old and their experiences at school and try to understand their feelings. Listen to who they are playing with and give them opportunities to get together with friends and invite them over to your house.
2. **Love.** Give lots hugs and kisses and continue to read stories to your seven-year-old. Even though she may be reading on her own, reading together as a family is still important
3. **Chores and Allowance.** Chores can give your seven-year-old a sense of belonging. Make sure that they are age appropriate and offer to “do it together.” Avoid connecting allowance to chores. The allowance should be an agreed amount by the family in advance. According to Jane Nelson from Positive Discipline, chores allowance can be a great way to teach children about money. It can be helpful if there are special jobs for your seven-year-old to complete to earn additional money, such as washing windows or the car.
4. **Shy.** Your seven-year-old may seem shy at this stage, this could be developmental or personality, either way, don’t use the word “shy.” Support our child by giving him opportunities to feel comfortable by arriving early, giving him space to speak up without talking for him, and role play so your child can practice what he might say in certain situations.

5. **Saying “I have bad luck.”** Ask your child to tell you more about that. Remind your child that sometimes-bad things happen that they can’t control. Ask if you and your seven-year-old can make a list of things that are good and what to be grateful for. Then make a list of things your seven-year-old would like to change and if there are realistic ways you can support her.
  
6. **Overcoming failure.** If your seven-year-old appears to have a fear of failure emphasize his effort rather than being “smart” or having a certain “ability.” Remind your seven-year-old that you love her for who she is, no matter what grades she gets or how many friends she has. Model self-compassion with yourself.
  
7. **Health and Safety.** Give your child opportunity to make healthy choices of food by keeping healthy food in the house and having your child make his lunch. Please make sure that you supervise your seven-year-old on the internet. This is a tricky age where your child may stumble upon pornography or violent photos that her young brain may not be able to handle. Also, limit screen time.
  
8. **Charity.** This is a great age to teach your seven-year-old about being a good citizen. Encourage your child by cleaning litter, giving Halloween candy to men and women who serve our country, helping with a food drive, etc.
  
9. **Math.** Incorporate math by playing games in the grocery store, on road trips and measuring in the kitchen. Make math fun! Have your seven-year-old try to trick you with a math problem.
  
10. **Take care of yourself.** You are an amazing parent.