

# Growing Up

## Humans Have Life Stages

Your body has changed a lot since you were a baby. And you will continue to **grow** and **change** as you get older. Scientists and doctors say that humans go through different **life stages**. They have given names and ages to these stages. Not all people go through the stages at the same time. Some grow faster than others; some grow slower. But we all go through the same stages.



A human baby is completely dependent on its mother for the first 2 years of its life.

## Life Stages of Humans

Stage	Age	Description
<b>Infant/Toddler</b>	0 to 3 years	<ul style="list-style-type: none"><li>• born <b>helpless</b> and is completely <b>dependent</b> on its mother for food for the first 2 years</li><li>• learns to <b>crawl</b>, then walk</li><li>• <b>speaks</b> in sentences by age 3</li></ul>
<b>Child</b>	4 to 10 years	<ul style="list-style-type: none"><li>• learns to take care of itself more and more</li><li>• starts forming <b>friendships</b> outside of the family</li></ul>
<b>Adolescent</b>	11 to 18 years	<ul style="list-style-type: none"><li>• a period of <b>great growth</b>; grows taller and heavier</li><li>• begins to <b>explore</b> new <b>ideas</b> and <b>situations</b></li></ul>
<b>Adult</b>	18 years and older	<ul style="list-style-type: none"><li>• body has <b>finished</b> changing and growing</li></ul>

## Animals Have Life Stages, Too!

Humans are not the only animals that go through life stages. Some animals have **more simple** life stages. The young are like their parents, but smaller. They have two life stages—**young** and **adult**.