

Essential Steps to Success in School and Life

This list summarizes some of the most essential milestones that children need to reach to be successful in school and life.



Babies and Toddlers (Birth – Age 2)	Preschoolers (Ages 3 – 5)	School-Aged Youth (Ages 6 – 11)	Preteens/Teens (Ages 12 – 18)
<ul style="list-style-type: none"> Physically active Eats nutritious foods Illnesses and injuries are prevented or treated Eyes, ears, teeth, and gums are healthy Safe from drugs and violence 	<ul style="list-style-type: none"> Physically active Eats a variety of nutritious foods Illnesses and injuries are prevented or treated Eyes, ears, teeth, and gums are healthy Safe from drugs and violence 	<ul style="list-style-type: none"> Physically active Eats a variety of nutritious foods Illnesses and injuries are prevented or treated Eyes, ears, teeth, and gums are healthy Safe from drugs and violence 	<ul style="list-style-type: none"> Physically active Eats a variety of nutritious foods Illnesses and injuries are prevented or treated Eyes, ears, teeth, and gums are healthy Safe from drugs and violence Safe from sexually transmitted diseases and pregnancy
HEALTHY BODY			
<ul style="list-style-type: none"> Brain is growing rapidly from early experiences Getting ready for kindergarten 	<ul style="list-style-type: none"> Brain is growing rapidly from early experiences Ready for kindergarten 	<ul style="list-style-type: none"> Sets and works toward goals Finishes 3rd grade at or near grade level in reading and math 	<ul style="list-style-type: none"> Sets and accomplishes goals Finishes 8th grade at or near grade level in math, writing, reading, science Passes 10th grade WASL Graduates from high school
HEALTHY MIND			
<ul style="list-style-type: none"> Expresses feelings and needs Recognizes feelings of others Begins to comfort self (thumb, pacifier, etc.) Enjoys play with familiar adults No serious behavior or mental health problems 	<ul style="list-style-type: none"> Expresses feelings and needs with adult guidance Begins negotiating and cooperating with adult guidance Recognizes feelings of others Calms self with adult guidance Enjoys play with adults, children No serious behavior or mental health problems 	<ul style="list-style-type: none"> Negotiates, cooperates in groups, and respects the rights of others Recognizes feelings and views of others Learns to deal with disappointment, separation, pressure, and loss No serious behavior or mental health problems 	<ul style="list-style-type: none"> Resists negative peer pressure and works well in groups Recognizes the feelings and views of others Respects other cultures and groups Deals with rejection and social isolation No serious behavior or mental health problems
HEALTHY RELATIONSHIPS			

Essential Steps to Success in School and Life (continued)



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