

# **Stages in a Human Life Cycle**

All human beings experience a series of growth stages during their life time (birth to old age). These stages are prenatal, infancy, childhood, adolescence and adulthood.

## **Prenatal (nine months before birth to birth)**

At this stage the child is still in the mother's womb. This is also a period in which rapid growth is taking place. All body parts develop. These include tissues, organs and systems needed for life support.

## **Infancy (birth until two years)**

In this stage the body becomes bigger and stronger as the child changes from an infant to a toddler.

## **Childhood (three years to ten years)**

During this stage several things occurs.

- Mastery of skills and independence.
- Learning and getting ready for school.
- Development of a wide range of skills and abilities.
- Puberty, or sexual development begins during later years of this stage.

## **Adolescence (ten to eighteen plus years)**

This is a stage of rapid mental, emotional and physical growth and development.

## **Adulthood (nineteen years until death)**

Adulthood is that period of greatest strength and stamina. During this stage physical growth ceases, but growth continue mentally, emotionally and socially. However physical abilities decline with age.

**A. Bubble in the letter that is next to the correct answer. (1 pt.)**

1. Which of the following happens during the adult stage?
  - (a) Puberty begins
  - (b) The body becomes bigger and stronger
  - (c) Physical growth ceases
  - (d) All of the body parts develop

**B. Write true or false. (1 pt.)**

2. Prenatal is the stage when the child changes from infant to toddler.  
\_\_\_\_\_
3. During the infancy stage, the body becomes bigger and stronger. \_\_\_\_\_
4. Members of the nuclear family include mother, father and children.  
\_\_\_\_\_

**C. Fill in the blanks. Use the words in the box to help you. (1pt.)**

adolescence	independent	youngest	skills
-------------	-------------	----------	--------

5. During childhood children begin to master \_\_\_\_\_.
6. The \_\_\_\_\_ may get to do things earlier than the

older children.

7. \_\_\_\_\_ is the stage of rapid mental, emotional and physical growth.

8. The oldest child may be most \_\_\_\_\_.

**D. Answer the following in complete sentences.**

**(1 pt.)**

9. What is the birth order?

---

---

---

---

10. What do all humans experience?

---

---

---

---

**Total pts. – 10**