



Development Milestones and When to Worry: Middle and High School



This developmental milestone quick guide will help you follow your teen's developmental progress and note any red flags along the way.* If a teen misses multiple developmental steps, it can impact coordination, focus, learning, and socialization. By monitoring a teen's accomplishments and the time it takes to reach each stage of development, parents can address developmental delays before they impact school performance, social skills, and behavior.

Brain Balance Achievement Centers is the leading drug-free program helping kids move beyond challenges to achieve greater success. This personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition. Over the past decade, this comprehensive and effective program has helped thousands of individuals nationwide to improve the critical skills needed to create a brighter path for their future.

Learn more about the research supporting our program and our results: www.BrainBalance.com

(Adapted from The Early Childhood Direction Center's Developmental Checklist)

**Please note, one red flag does not signify an issue or constitute a problem or diagnosis. It simply means that you should watch your child more closely and pay attention as your child moves through development. Check out the research and reviews section of our website to learn more about the relationship between developmental milestones and positive outcomes.*

***According to the Centers for Disease Control (CDC) Developmental Monitoring and Screening guide*

11 - 12 YEARS

- May repeat the “terrible twos”
- Tries to establish independence and autonomy
- Has little impulse control
- Meets school grade standards
- Starts to set personal goals
- Difficulty concentrating



RED FLAG: *Levels of worry or anxiety interfering with activities**

13 - 14 YEARS

- Takes on more responsibilities at home
- Is socially expansive and aware
- Can show extremes of emotions
- Develops a focus on the future
- Distinguishes facts from opinion
- Develops personal interests and abilities



RED FLAG: *Falling further behind academically, social isolation**

15 - 17 YEARS

- Has more interest in dating
- Less conflict with parents
- Shows more independence from parents
- Learns more defined work habits
- Is better able to give reasons for their own choices
- Has a better understanding of what is right and wrong



RED FLAG: *Struggles with organization and time management**