

PARENTING SUPPORT

# MILESTONES THAT MATTER:

## A SHORT GUIDE TO CHILDHOOD DEVELOPMENT



# Hello, I'm Bethany!

It's great to meet you! I am **Bethany Heyne**, founder of The Kairos Bridge, and certified parenting coach. I am blessed to be mom to my son and bonus mom to my three step children.

### Why I started parent coaching?

I took my first parenting course in 2016. I was skeptical at first, questioning how much there really was to learn about parenting (oh how wrong I was!) Every week we learned more about child development and psychology and used our own real-life examples to receive coaching on how to address parenting challenges.

By week 3, I was already seeing the difference in me, in my child, and in our family. By the end of the 18 week course, I had developed such confidence in my parenting, noticed more peace in our home, and saw the healthy impact it had on my child.



When my son turned 6, I noticed new behavioral developments that I wasn't familiar with. When I went to sign up for the next age range of the course, I was absolutely heartbroken to learn the grant funding had expired. I had to do something. Maybe I could support the next financial grant cycle?

After several months of meeting with my mentor and course director, and many more months of prayer, it seemed ...

***I was being called to carry forward this mission. And so, I established The Kairos Bridge, LLC in November 2023.***

# UNDERSTANDING THE STAGES OF DEVELOPMENT

Just like building a shelf needs every step —wood glue, nails, and paint. Our children go through stages of development that build upon each other. Skipping a stage can lead to instability later in life, just like skipping a step in a building project can cause the structure to fall apart. Psychologist Erik Erikson identified eight stages of development that shape emotional and social growth, from infancy to adulthood.

## Why Stages Matter:

- Each stage teaches essential life skills.
- Incomplete development in one stage can create struggles in the next.
- Unresolved issues may need to be addressed later in life.

## Our Role:

Just as God loves us in all stages and supports our growth (Romans 5:8, Romans 8:35-39), we are called to love our children unconditionally, guiding them through each stage with patience and grace.



# THE 8 STAGES OF DEVELOPMENT



## 1

### Infancy (0-2 Years)

**Crisis:** Trust vs. Mistrust

**Key Task:** Developing security and trust.

**Important Event:** Feeding

**Parental Tip:** Respond consistently with love and care to build trust.

## 2

### Early Childhood (2-3 Years)

**Crisis:** Autonomy vs. Shame and Doubt

**Key Task:** Gaining independence.

**Important Event:** Toilet Training

**Parental Tip:** Offer simple choices to promote confidence, like "Red or blue cup?"



# 3

## Preschool (3-5 Years)

**Crisis:** Initiative vs. Guilt

**Key Task:** Developing purpose and decision-making.

**Important Event:** Exploration

**Parental Tip:** Encourage imagination and safe exploration of ideas.



# 4

## School Age (6-11 Years)

**Crisis:** Industry vs. Inferiority

**Key Task:** Mastering skills and gaining confidence.

**Important Event:** School

**Parental Tip:** Celebrate effort and progress, not just results.

# 5

## Adolescence (12-18 Years)

**Crisis:** Identity vs. Role Confusion

**Key Task:** Forming a strong sense of identity.

**Important Event:** Social Relationships

**Parental Tip:** Encourage self-discovery while offering guidance and boundaries.



# 6

## Young Adulthood (19-40 Years)

**Crisis:** Intimacy vs. Isolation

**Key Task:** Building meaningful relationships.

**Important Event:** Relationships

**Parental Tip:** Model emotional intelligence and nurture healthy connections.



# 7

## Middle Adulthood (40-65 Years)

**Crisis:** Generativity vs. Stagnation

**Key Task:** Contributing to family, work, and society.

**Important Event:** Work and Parenthood

**Parental Tip:** Show generosity and encourage giving back.

# 8

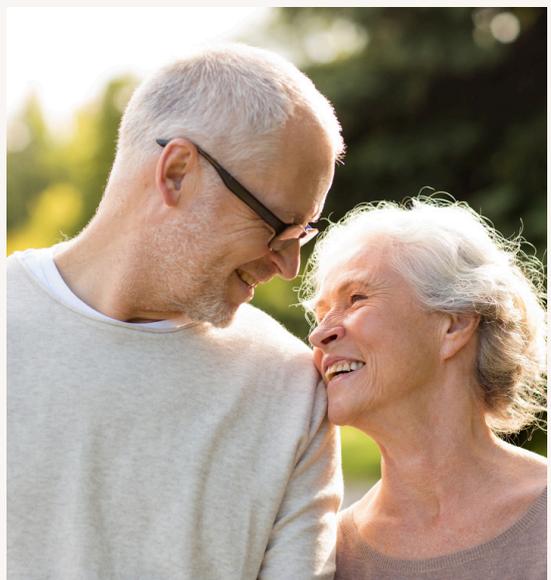
## Maturity (65+ Years)

**Crisis:** Integrity vs. Despair

**Key Task:** Reflecting on life with acceptance.

**Important Event:** Reflection on Life

**Tip:** Teach gratitude and embrace life's lessons.



# PRACTICAL WAYS TO SUPPORT DEVELOPMENT



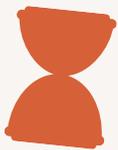
## Balance Support and Growing Independence

Psychology research shows that as we grow, we need less support, but still some. This is called **scaffolding**—providing just the right amount of help when needed, without taking over. It helps learners stretch beyond their comfort zone, but not too far, so they don't feel overwhelmed. This is known as the zone of proximal development or the learning zone.



## Offer Choices:

Let them choose between small decisions to build confidence.



## Be Patient:

Growth isn't linear. Children experience bursts, pauses, and occasional regressions.



## Read Stories Together:

Books that mirror their developmental stage help them understand emotions and challenges.



## Key Conversations

Initiate age-appropriate conversations about emotions, boundaries, and responsibility. *Example:*

*When your child wants to do everything themselves, say:*

*"I see you're learning to do this on your own! Would you like help, or do you want to try first?"*

# NOTICE IT, NAME IT, NURTURE IT

Recognize their child's developmental stage, understand the behavior behind it, and guide them with patience and support.



## NOTICE IT:

Watch for signs of growing independence! When your child refuses to brush their teeth or avoids picking up toys, they're asserting **autonomy**—a key milestone of early childhood. These little acts of defiance signal a desire to take control.



## NAME IT:

Understand that their resistance is part of learning to make decisions. Pushing back or wanting to “do it myself” shows they're trying to develop a sense of control and independence. Labeling this behavior helps you respond with patience and understanding.

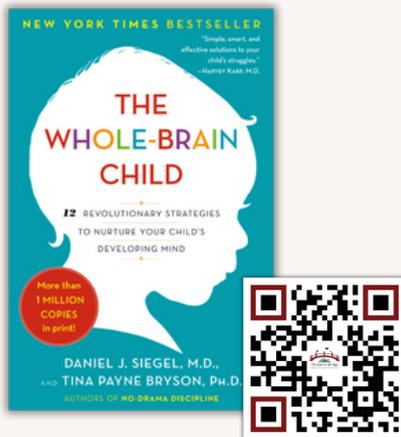
## NURTURE IT:

Supporting them gently builds their confidence and decision-making skills. Guide them by:

- ✓ Offering age-appropriate choices
- ✓ Giving space for trial and error
- ✓ Encouraging patience and practice



## RESOURCES FOR PARENTS



### The Whole-Brain Child by Tina Payne Bryson & Daniel Siegel

[BUY HERE](#)



### Dear God, It's Me (Girls Journal)

Dear God, It's Me is a 30-day journal designed for girls to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

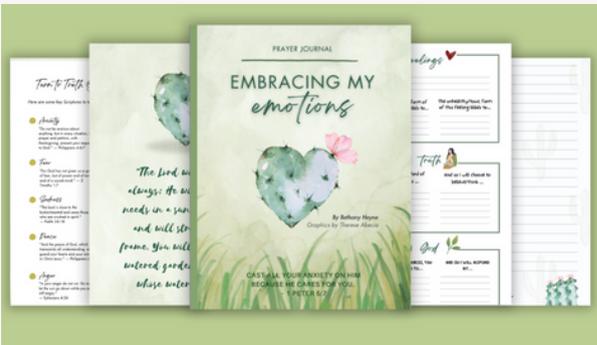
[From \\$9.99 USD](#)



### Dear God, It's Me (Boys Journal)

Dear God, It's Me is a 30-day journal for boys to explore emotions, connect with God, and grow in faith through guided prompts and reflections.

[From \\$9.99 USD](#)



### Embracing Emotions Journal

A 90-day journal for adults to explore feelings, align them with Biblical truths, and grow in faith. With daily prompts, scripture, and space for reflection.

[From \\$14.27 USD](#)

[CHECK OUT FOR MORE](#) 

*Click here to explore our services/products.*

## LET'S DO THIS!

Parenting can be challenging, especially when emotions run high, boundaries feel tested, and connection feels out of reach. Imagine replacing those tough moments with a sense of calm, clarity, and deeper connection with your child.

That's why The Kairos Bridge offers our **bestselling 12-Month Flourish Together Coaching Program**—a comprehensive, personalized journey to help you create lasting transformation in your family dynamic.

### 👉 **What's included in the program?**

- **12 Monthly 90-Minute Virtual Coaching Sessions:** Personalized guidance to meet your family's unique needs.
- **Quarterly Virtual Family Workshops:** Interactive sessions for goal-setting, vision boards, and family bonding.
- **Private Podcast Feed:** Exclusive tips, Bible studies, and practical parenting insights.

[CLICK HERE TO CONNECT](#)



*Whether you're striving to stay calmer during emotional outbursts or longing to bring more faith-filled intentionality to your parenting, Flourish Together meets you where you are. This journey isn't about perfection—it's about progress, grace, and building a stronger connection with your family.*

*Take the first step today—your family's transformation starts here. Let's grow together, one grace-filled moment at a time.*

Your dedicated coach,

*Bethany H.*

