

- You can become separate from me and I will continue to love you.

- You can know what you need and ask for help.

- You can think and feel at the same time.

In Stage 4: “Discovering Identity and Power” (3 - 6 years), the main questions are:

- *Is it okay for me to be who I am, with my unique abilities?*

- *Is it okay for me to find out who others are and learn the consequences of my behavior?*

The parental messages to reassure him/her are:

- You can try out different roles and ways of being powerful.

- You can be powerful and ask for help at the same time.

- You can explore who you are and find out who other people are.

- You can learn the results of your behavior.

In Stage 5: “Acquiring Structure and Abilities” (6 - 12 years) the main questions are:

- *How do I build an internal structure that supports me, as well as others?*

- *How do I develop the competence to master the technical and social skills I need to manage my own life and to live in my culture?*

The parental messages to reassure him/her are:

- You can trust your intuition to help you decide what to do. You can find a way of doing things that works for you.

- You can learn the rules that help you live with others.

- You can learn when and how to disagree.

- You can think for yourself and get help instead of staying in distress.

In Stage 6: “Integration and Regeneration” (12 - 19 years), all the previous cycles are revisited doubling the rhythm.

The main questions are:

- *How can I become a separate person with my own values and still be okay?*

- *Is it okay for me to be independent, to honor my sexuality and to be responsible?*

The parental messages to reassure him/her are:

- You can know who you are and learn and practice skills for independence.

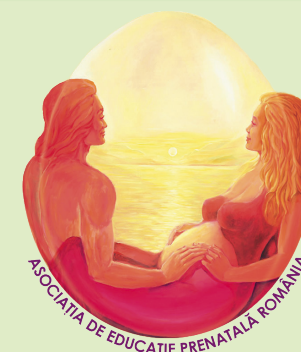
- You can learn the difference between sex and nurturing and be responsible for your needs, feelings and behaviors.

- You can develop your own interests, relationships and causes.

- You can learn to use old skills in new ways.

During each stage, the parents can give their children messages of unconditional affection and protection, care, respect for their right to choose and their individuality, encouragement, appreciation, acceptance of differences. Thus, children will use every opportunity to develop their potential and to live their life in joy.

Respecting and fulfilling your child's needs, you honour your mission as parents!



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CYCLES OF HUMAN DEVELOPMENT

or

Fulfilling your child's needs



OMAEP

International Revised Edition

Development cycles

Our life begins at conception, then it unfolds according to the rhythms given by our biological clock. The human being goes through certain stages of development, during which it identifies its needs, learns all the time and tries to identify its path to fulfilment.

After adolescence, during adulthood, the stages are repeated, as well as the unresolved issues from every stage. By living these cycles at another level, we are given the chance to fulfil our needs and live accomplishing experiences.

Starting from the prenatal period, parents have an essential role in helping the child grow and develop harmoniously.

- Prenatal stage: Becoming *Conception-Birth*
- Stage 1: Being *0 - 6 months*
- Stage 2: Doing and Exploring *6 - 18 months*
- Stage 3: Thinking *18 months - 3 years*
- Stage 4: Identity and Power *3 - 6 years*
- Stage 5: Skills and Structure *6 - 12 years*
- Stage 6: Integration and Regeneration *12 - 19 years* (passing again through all the previous cycles but at a double pace)
- Stage 7: Going through cycles 1-6 again during all adulthood
- Stage 8: Integrating all life experiences: Preparing for the Great Passage

Questions and Messages

During each stage of development, consciously or unconsciously, the human being asks itself and the ones around existential questions. Parents can transmit their children messages that answer all these questions, verbally or non-verbally.

If the answers to these questions do not bring about safety, peace, comfort, if we do not receive everything we need at every stage, we acquire “knots”, “cracks”, “bends” in our “core” or “trunk”, just like a tree.



Few of us are capable of receiving all they need during each of the first 6 stages so that this tree should grow erect and tall.

These defects, deficiencies and contortions can appear during one or more stages of development; in stage 7, the most adult, we have the opportunity to remedy these defects.

In the prenatal period, the Stage “*Becoming*”: from *Conception* to *Birth*, the baby’s main question is:

- *Is it safe for me to develop fully and be born?*

The parental messages that can make it feel safe are:

- **You can make healthy decisions about your experiences.**
- **Your life is your own.**
- **Your needs and safety are important.**

In Stage 1: “Being” (0 - 6 months), the main question is:

- *Is it okay for me to be here, to make my needs known and to be cared for?*

The parental messages to reassure the infant are:

- **Im glad you’re alive.**
- **You belong here.**
- **What you need is important.**
- **You can feel all your feelings.**

In Stage 2: “Doing and Exploring” (6 - 18 months), the main questions are:

- *Is it safe for me to explore and try new things?*
- *Is it safe for me to trust what I learn?*

The parental messages to reassure him/her are:

- **You can know what you know.**
- **You can do things as many times as you need to.**
- **You can be interested in everything.**
- **You can use all your senses when you explore.**

In Stage 3: “Thinking” (18 months - 3 years), the main question is:

- *Is it okay for me to learn to think for myself?*

The parental messages which can reassure the child are: