



LIFESPAN PROGRESSION

FOSTERING WELL-BEING THROUGH LIFE'S TRANSITIONS, CHALLENGES, AND MILESTONES



Lifespan progression reflects both the developmental stages of individuals and family units as well as changes that occur and impact individuals and families. Lifespan progression refers to changes in individuals and families (and other social units) over time. Lifespan progression has two central concepts: (a) people develop biologically and socially across their life spans in ways that influence and change their interactions with each other and with social institutions, and (b) social institutions create transition points for individuals as they develop. Both individuals and family units go through predictable stages. Lifespan progression for individuals is the study of how humans develop and change from birth to old age. It encompasses physical, cognitive, social, and emotional development.

The progression is usually divided into key stages:

- Infancy/toddlerhood (0-2 years)
- Early Childhood (3-6 years)
- Middle Childhood (7-12 years)
- Adolescence (13-18 years)
- Early Adulthood (19-40 years)
- Middle Adulthood (41-65 years)
- Late Adulthood (65+ years)

Families often evolve through distinct phases, each with their dynamics and challenges. Families are connected groups of individuals who offer support, love, and belonging. Families come in various forms, made up of differing numbers of generations, parental figures, and households. Choice or circumstance impacts family forms. Typical periods may be characterized by age, length of relationship, physical proximity, and type of relationship.

Each stage or phase has its unique characteristics and challenges, and development can be influenced by different factors, including prior stages of development, genetics, resilience, environment, culture, and individual experiences.

The goal is to enhance personal and family life successes. Family and Consumer Sciences professionals focus on research-based knowledge, practices, relationships, and policies that foster growth and vitality regardless of dynamics and dimensions for themselves and those with whom they interact.