

Erikson's theory of cognitive development says that people are constantly evolving and at each life milestone, they encounter a new crisis. When children are in the preschool/kindergarten age they go through two stages, autonomy versus shame and doubt, and initiative versus guilt. At the first stage children should question if they can do things themselves or if they should rely on others. This is an important stage to reach because kids should be doing certain actions by themselves, and they should recognize what they shouldn't by themselves. For example, they should be getting dressed by themselves, but not cooking for themselves. At the kindergarten stage children should question if what they do is going to receive a positive or negative reaction. For example, a child should know not to hit others and that if they do they should expect to get in trouble. In the elementary age children will experience one crisis, industry versus inferiority. This stage is the child wondering if they are cognitively keeping up with their peers and questioning if they are competent or not. The last stage children will reach before adulthood is identity versus confusion. At this stage the child should question who they are and their plans for the future are.

Piaget's theory of cognitive development explains that children go through four stages of development throughout their entire childhood. At the preschool/kindergarten age children will be in the preoperational stage, which is the development of symbolic thought. In this stage children should learn conservation of volume, which includes centration and irreversibility. Conservation of volume is when children, for example, see water in a wide, short glass be transferred into a thin, tall glass, a child who knows conservation of volume will understand that the volume transferred is the same between the two glasses. Centration is the neglecting important aspects of a certain action, looking back at the conservation of volume example, a

child who expresses centration won't understand that the volume transferred into the thin glass is the same amount in the tall glass. Irreversibility is the inability to reverse an action, for example a child won't be able to understand that if the water was transferred from the tall glass, to the short glass, back to the tall glass is the same amount of water. Lastly, children in this age are egocentric, meaning that they think for themselves and not others. For example, if a child cannot see an object they assume it is not there, even if it is. At the elementary age children are in the concrete operational stage, children in this stage are out of egocentrism, centration, and irreversibility. Children in adolescence are in the formal operational stage which means they understand abstract concepts.

Biological development changes happen at each age milestone. At the preschool/kindergarten age there is major cognitive development and growth. At the elementary age there are growth changes as well. In the adolescent age children experience puberty and height changes, at this stage there are the most changes with biological development.