



YOUR CHILD'S DEVELOPMENTAL MILESTONES

Age: About 5 years

Motor Skills

- Able to dress and undress self with little assistance.
- Throws a ball over head.
- Rides a tricycle with great skill. May be interested in a two-wheeled bike.
- Feeds self, using a fork, spoon and maybe a table knife.
- Jumps over low objects.
- Hand dominance is established.
- Hops, somersaults, swings, and climbs.
- Draws a person and includes the body.
- Prints some letters.
- Copies shapes and patterns.

Cognitive Skills

- Knows all of the basic colors.
- Able to memorize his address and phone number.
- Counts up to 10 objects.
- Interested in cause and effect.
- Tells longer stories.
- Understands that stories have a beginning, middle, and ending.
- Enjoys riddles and jokes.
- Better understands the concept of time.
- Enjoys collecting things.
- More sensitive to the needs of others. Notices when someone else is happy or sad.

Social Skills and Language

- Speaks in sentences of more than 5 words.
- Invents games with simple rules.
- Organizes objects for pretend play.
- Uses swear words or "bathroom talk" to elicit your response.
- Likes to make own decisions but can become bossy in doing so.
- Wants to be like and please his friends.
- Likes to sing, dance and act.
- Shows more independence and may enjoy a play date without a parent.

Red Flags

If by 5 years of age you have noticed any of the following signs, discuss them with your pediatrician or nurse practitioner. Although all children mature at different rates, failure to reach certain milestones *could* indicate a developmental problem requiring special attention

- Your child cannot remove his clothing
- Your child cannot wash and dry his hands after using the toilet
- Your child cannot correctly tell his first and last name
- Your child cannot talk about his daily activities and experiences
- Your child is not interested in engaging in a variety of activities or playing with other children.
- Your child seems aloof with other children or adults