



DEVELOPMENTAL MILESTONES: 5-year-olds

Once a child is five years old there is an increase in responsibility to that of a school-age child. Skills are mastered quickly and independence is expected and required. It is important to monitor a growing child's progress in achieving new skills to detect any delays early. Enjoy this year as your five-year-old becomes proficient in more and more areas including cognitive, fine motor, gross motor, language, self-care, and social/emotional skills.

Cognitive

- Counts up to more than 20 items
- Performs smooth and coordinated eye functions
- Identifies letters of the alphabet
- Understands opposites
- Learns simple addition and subtraction

Fine Motor

- Writes own name upon request
- Touches fingertip to nose without looking
- Folds paper in half twice with edges parallel
- Completes rotation of pencil in one hand at a time

Gross Motor

- Bounce and catch a small ball
- Jumps rope
- Keeps arms straight at shoulder level with eyes closed
- Completes 5 sit-ups
- Performs 8 push-ups with knee support

Language

- Uses complex language
- Seeks knowledge of words
- Speaks fluently
- Uses tenses and pronouns correctly
- Initiates conversations and waits for turn to speak

Self-care/Activities of Daily Living

- Laces and ties shoelaces
- Uses a knife to cut food
- Grooms and bathes self independently
- States parent's name upon request
- Cares for property like own backpack

Social/Emotional

- Distinguishes right from wrong
- Plays dress up and make-believe
- Seeks to play with friends
- Prefers to play with same sex
- Mimics adults and seeks praise