

Your Child at 5 Years

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 5-year-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Beginning to lose baby teeth
- Uses fork and knife well
- Cuts on a line with scissors
- Shows a preference for right or left hand
- Able to dress self with very little assistance
- Learning to skip
- Hops on one foot
- Jumps over low objects
- Buttons and unbuttons shirts
- Throws a ball over head
- Catches a bounced ball
- Beginning to show interest in riding a bicycle with training wheels



Cognitive and Language Milestones

- Knows basic colors
- Begins to invent games with simple rules
- Beginning to draw pictures that represent animals, people, and objects
- Beginning to identify numbers
- Counts up to 10 objects by touching
- Understands more, less, and same.
- Beginning to understand cause/effect
- Using more complex sentences with 5-8 words
- Understands books are read right to left and top to bottom
- Understands stories have beginning, middle and end
- Identifies some letters
- Enjoys tracing or copying letters and numbers



Social and Emotional Milestones

- Follows rules and takes turns with playing with other children
- Takes turns, but often excludes others from play - best friends only
- Sings, dances, and acts for audience
- Does simple chores at home like folding towels or clearing table
- Organizes other children and toys for pretend play
- Likes to argue, reason, and bargain
- Confuses fantasy with reality at times
- Likes to try new things, take risks, and make their own decisions
- Sensitive to the feelings of others
- Likes to feel grown up
- Understands basics of right and wrong
- Enjoys collecting
- Like to have hiding place



All for Kids Home Health



Activities & Toys for your 5-Year-Old

The most important aspect of playing with a 5-year-old is to be present, patient, and enthusiastic. Be ready to follow their lead and adapt to their interests and energy levels. Playtime is not just about entertainment; it is also a valuable opportunity for learning and bonding. Here are a few activity and toy recommendations for this age group:



Activities:

- Help to fine tune physical skills by playing follow the leader while skipping, hopping, jumping, or galloping.
- Practice throwing toward a target. Toss a ball into a basket or at a target.
- Improve accuracy with cutting skills by having your toddler help you cut out coupons or cut pictures from a magazine.
- Encourage imagination by having the child create alternate endings to familiar stories.
- Boost confidence and self-esteem by proudly posting works of art or awards on the refrigerator.
- Play rhyming games. For example, "What rhymes with cat?"
- Give opportunities to sort, group, and match by having child help with chores such as sorting laundry.
- Help child to recognize, understand, and cope with strong feelings. Talk about ways to express feelings of anger or frustration in a positive way.
- Model and teach cooperative play such as requesting, bargaining, negotiating, sharing, etc.
- Practice observation skills by using senses such as look, listen, touch, taste, and smell.
- Provide a comfortable space to be alone or to calm down.

Toys:

- Matching games, 12-15 piece puzzles
- Board games, dominos, puppets, dolls with clothes, trucks and cars, balls
- Pretend play items such as cash register, shopping cart with food, dress-up clothes, etc.
- Bicycle with training wheels
- Glue, crayons, paint, scissors, chalk, play dough