

Your Child from 6-8 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 children between 6-8 years old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your child'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 child gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Has good sense of balance
- Can catch both large and small balls
- Skilled at using a pencil, scissors, and small tools
- Writes basic sentences
- Can tie shoelaces well
- Enjoys testing muscle strength
- May have gawky appearance with long arm and legs
- Shows development of permanent teeth



Cognitive and Language Milestones

- Like to learn by doing/experimenting
- Demonstrates increased problem-solving abilities
- Has longer attention span
- Knows difference between left and right
- Understands concepts of time and days of the week
- Develops a stronger interest in reading
- Likes writing for a purpose. May be interested in making lists, writing stories, or making cards
- Doubles speaking and listening vocabularies
- May reverse letters (b/d)



Social and Emotional Milestones

- Being with friends becomes increasingly important
- Seeks a sense of security and belonging in groups and clubs
- Wants to play more with similar gender friends
- Strong desire to do things "right"
- Gets upset by criticism or failure
- Likes rules and routines
- Views things as right or wrong, with little room for middle ground
- Enjoys caring for and playing with younger children
- May become upset if "good" work is ignored
- Starts to talk about future



All for Kids Home Health



Activities & Toys for a 6–8-Year-Old



Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball skillfully, and tie their own shoes. Wanting independence from family becomes more prominent, and friendships become more important. This is a critical time for children to develop confidence in all areas of life, such as through friends, schoolwork, and sports. Here are a few activity and toy recommendations for this age group:

Activities:

- Provide lots of opportunities for active play such as running, jumping rope, tumbling, and dance. Joining sports teams or clubs is a great idea.
- Encourage creative activities such as painting, sewing, pottery, jewelry making, and other crafts.
- Help understanding of rules through games such as tic-tac-toe, card games, or other games.
- Introduce your child to instruments and provide opportunities to explore music
- Go to museums and zoos to get exposure to new things and learning opportunities.
- Teach good sportsmanship by modeling the behavior and encouraging your child to practice during play. Congratulate winners, provide encouragement to losers, and be a good sport.
- Help your child learn patience by letting others go first or by finishing a task before going out to play.
- Encourage a sense of responsibility. Give your child chores such as feeding the dog, setting the table, or taking out the trash.
- Start to have conversations about consequences. Ask your child to think about a consequence before acting.

Toys:

- Arts and crafts
- Musical instruments
- Sports equipment
- Camping equipment
- Construction sets
- Models
- Board games