

## *Developmental Milestones*

### *Age 5*

#### **Language:**

- Speaks fluently; correctly uses plurals, pronouns, tenses
- Very interested in words and language
- Uses complex language

#### **Intellectual:**

- Seeks knowledge
- Understands and names opposites
- Still confuses fantasy and reality at times
- Thinking is still naïve; doesn't use 'adult' logic

#### **Social-Emotional:**

- Distinguishes right from wrong, honest from dishonest, but does not recognize intent
- Plays make-believe and dresses up
- Mimics adult and seeks praise
- Seeks to play rather than to be alone; friends are important
- Plays with both boys and girls but prefers the same sex
- Wants to conform; may criticize those who do not

#### **Motor:**

- Runs in an adult manner
- Walks on tiptoe, broad jumps
- Walk on a balance beam
- Skates and jumps rope
- Hand preference is established
- Laces (but cannot tie) shoes
- Grasps pencil like an adult
- Colors within the lines
- Cuts and pastes simple shapes

## **Tips for Parenting 5 Year-Olds**

*Your cooperative, easy-going 5 year-old loves to play and that's how he learns.*

- Join in activities that develop coordination and balance – skipping and hopping, walking on the curb or crack in the sidewalk, climb trees.
- Encourage fine motor skills by letting your child cut pictures out of magazines, string beads, or play with take-apart, put-together toys.
- Take advantage of his interest in numbers by counting anything and everything; teach simple addition and subtraction by using objects, not numerals.
- Let your child know what to expect from an upcoming event or activity so he can prepare. Avoid springing things on him. Help him recognize his emotions by using words to describe them.