

DEVELOPMENTAL MILESTONES 5 YEARS OLD

Cognitive and Sensory skills

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Understands things used every day like money and food

Gross Motor skills

- Stands on one foot for 10 seconds
- Hops
- Might skip
- Can do a somersault
- Swings and climbs

Fine Motor Skills

- Prints some letters and numbers
- Copies a triangle and other geometric shapes
- Draws using a tripod grasp
- Colors within lines

Self-Care skills

- Chooses weather appropriate clothes
- Can toilet independently
- Dresses independently
- Tolerates different clothing textures (seams, tags, etc.)

Language skills

- Speaks clearly
- Tells story using full sentence
- Uses future tense
- Says name and address

Social-Emotional skills

- Wants to please friends
- Wants to be like friends
- Agrees with rules
- Likes to sing, dance, and act
- Aware of gender
- Understands real and make-believe
- Alternates between demanding and cooperative

Red Flags

- Doesn't show a wide range of emotion
- Shows extreme behavior
- Easily distracted (difficulty focusing 5+ minutes)
- Doesn't respond to people
- Can't differentiate real and imaginary
- Doesn't talk about daily activities
- Doesn't draw pictures
- Can't brush teeth, wash hands, or undress without assistance