

DEVELOPMENTAL MILESTONES 6 YEARS OLD

Cognitive and Sensory skills

- Enjoy structured/organized play
- Rapid development of mental skills
- Learn how to talk about feelings
- Understand the concept of time
- Begin to focus less on self
- Awareness of left/right

Gross Motor skills

- Start to ride a bike, jump rope, swim, etc. and practice to achieve mastery
- Skips, hops, gallops, and slides
- Moves in response to rhythm
- Team games (with rules)
- Awareness of body and movement
- Simple combination movements

Fine Motor Skills

- Efficient tool use
- Holding a thin pencil
- Using just fingers to write/draw
- Gradually writing smaller/coloring in lines
- Able to cut out irregular shapes
- Forms most letters/numbers appropriately

Self-Care Skills

- Independence in feeding, dressing, toileting, and showering (with reminders)
- Tying shoes
- Independence brushing/combing hair (assistance styling)
- Can follow a sleep schedule
- Eats a range of food with different textures

Language skills

- Understanding similarities/opposites
- Ability to control pitch, volume, and tone of voice
- Developing vocabulary (20 words/day)
- Language play (rhyming, word games)
- Recognizes common words

Social-Emotional skills

- Desire recognition for success
- Increasing awareness of own emotion
- Can express needs appropriately
- Awareness of perspective
- Friends based on proximity and frequency of interaction
- Ability to inhibit need to talk

Red Flags

- Difficulty staying organized
- Greater academic potential than is being exhibited
- Difficulty adapting to changes in routine
- Difficulty completing daily self-care routine
- Uncoordinated movements
- Difficulty sequencing
- Difficulty expressing self