

Growing & Learning at...60 Months/5 Years



What Most Children do at Age 5:

Social-Emotional Milestones

- Follows rules or takes turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating

Language & Communication Milestones

- Tells a story that includes at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell it to him
- Keeps a conversation going with more than three back-and-forth exchanges
- Uses or recognizes simple rhymes (bat-cat, ball-tall)

Cognitive Milestones (learning, thinking, problem-solving)

- Counts to 10
- Names numbers between 1 and 5 when you point to them
- Pays attention for 5 to 10 minutes during activities, such as during story time or when making arts and crafts
- Writes some letters in her name
- Names some letters when you point to them

Movement & Physical Development Milestones

- Buttons some buttons
- Hops on one foot

Helping 5-year-olds Learn & Grow:

- ▶ Ask questions about what she is playing, and help her expand her answers by asking “Why?” and “How?” For example, “That’s a nice bridge you’re building. Why did you put it there?”
- ▶ Offer toys that can be put together like puzzles and building blocks. Stay close by to help and provide encouragement.
- ▶ Help them begin to understand the concept of time by singing songs about the days of the week and letting them know what day it is. Use words like today, tomorrow, and yesterday.
- ▶ Talk about and label his and your own feelings. Read books and talk about the feelings characters have and why they have them.
- ▶ Play rhyming games. For example, say “What rhymes with cat?”
- ▶ Introduce games that involve following rules, like simple board games, card games, or Simon Says.
- ▶ Encourage her to “read” with you by looking at the pictures and telling the story.
- ▶ Play games that help with memory and attention, such as card games, I Spy, or Hot-and-Cold.
- ▶ Praise positive behaviors, like asking for things nicely and calmly taking “no” for an answer.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

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Topics to Discuss at 60-month/5-year Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?



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