

5 Years

Guide to Developmental Milestones



Social Emotional Development/Behavior

- Begins to know the difference between right and wrong
- Proud of accomplishments
- Conforms to social norms
- Imagines consequences before acting
- Uses words to resolve peer conflict
- Peers become more important
- Develops a conscious (feel guilt)
- Peer relationships help with impulse control because child wants to maintain friendship
- Increased self-monitoring abilities
- Begins to participate in semi-structured games
- Enjoys active games and movement
- Helps with chores
- Engages in elaborate dramatic play



Gross Motor Skills

- Performs 7-8 push-ups in 20 seconds
- Performs 6-8 full sit-ups in 30 seconds
- Bounces and catches a tennis ball 2 times, catching it with 2 hands
- Kicks ball 12 feet into the air
- Walks on tiptoes for 15 feet when requested
- Jumps over a 10 inch high object using a 2 foot take off and landing
- Walks sideways on a 4 inch wide beam
- Hops 20 feet in 6 seconds
- Skips 10 feet



Fine Motor Skills

- Colors within the lines
- Folds paper in half
- Displays left or right hand preference
- Builds elaborate 3-dimensional structures
- Accuracy improving for letter formation of name
- Completes puzzles of up to 20 pieces

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Self-help

- Washes self in bathtub
- Brushes/rinses teeth
- Engages and zips a jacket
- Ties own shoes
- Toilets independently
- Dresses unsupervised



Speech, Language, and Hearing

- 80% intelligible to a stranger
- Emerging consonants include p, b, t, d, m, n, w, h, k, g, f, y
- Uses sentences of 4 to 5 words
- Asks “who” and “why” questions
- Begins to understand concept of time (yesterday, tomorrow)
- Uses past tense correctly
- Understands and retells a simple story
- Follows 3-4 step commands



Oral Motor and Feeding

- Feeding skills should resemble an adult's



All children develop at their own pace, but you can use this guide to help you know what to look for along the way. If you have any questions or concerns regarding your infant's/child's development, please contact **Milestones For Kids' Success** at **630.792.1800** for a FREE developmental screening.

Disclaimer: This content was created by Milestones For Kids' Success and represents research available as of 10/2007. The information is intended to inform and educate. It is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

