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Developmental milestones record - 5 years

This article describes the expected skills and growth markers of most 5-year-old children.

Information

Physical and motor skill milestones for a typical 5-year-old child include:

- Gains about 4 to 5 pounds per year (1.8 to 2.25 kilograms)
- Grows about 2 to 3 inches per year (5 to 7.5 centimeters)
- Vision reaches 20/20
- First adult teeth start breaking through the gum (most children do not get their first adult teeth until age 6)
- Has better coordination (getting the arms, legs, and body to work together)
- Skips, jumps, and hops with good balance
- Stays balanced while standing on one foot with eyes closed
- Shows more skill with simple tools and writing utensils
- Can copy a triangle
- Can use a knife to spread soft foods

Sensory and mental milestones:

- Has a vocabulary of more than 2,000 words
- Speaks in sentences of 5 or more words, and with all parts of speech
- Can identify different coins
- Can count to 10
- Knows telephone number
- Can properly name the primary colors, and possibly many more colors
- Asks deeper questions that address meaning and purpose
- Can answer "why" questions
- Is more responsible and says "I'm sorry" when they make mistakes
- Shows less aggressive behavior

- Outgrows earlier childhood fears
- Accepts other points of view (but may not understand them)
- Has improved math skills
- Questions others, including parents
- Strongly identifies with the parent of the same sex
- Has a group of friends
- Likes to imagine and pretend while playing (for example, pretends to take a trip to the moon)

Ways to encourage a 5-year-old's development include:

- Reading together
- Providing enough space for the child to be physically active
- Teaching the child how to take part in -- and learn the rules of -- sports and games
- Encouraging the child to play with other children, which helps develop social skills
- Playing creatively with the child
- Limiting both the time and content of television and computer viewing
- Visiting local areas of interest
- Encouraging the child to perform small household chores, such as helping set the table or picking up toys after playing

Alternative Names

Normal childhood growth milestones - 5 years; Childhood growth milestones - 5 years; Growth milestones for children - 5 years; Well child - 5 years

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