



[Home](#) → [Medical Encyclopedia](#) → Developmental milestones record - 5 years

URL of this page: //medlineplus.gov/ency/article/002016.htm

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

References

Carter RG, Feigelman S. The preschool years. In: Kliegman RM, St. Geme JW, Blum NJ, et al, eds. *Nelson Textbook of Pediatrics*. 22nd ed. Philadelphia, PA: Elsevier; 2025:chap 25.

Whitaker AS, Feigelman S. Assessment of fetal growth and development. In: Kliegman RM, St. Geme JW, Blum NJ, et al, eds. *Nelson Textbook of Pediatrics*. 22nd ed. Philadelphia, PA: Elsevier; 2025:chap 21.

Review Date 4/17/2024

Updated by: Neil K. Kaneshiro, MD, MHA, Clinical Professor of Pediatrics, University of Washington School of Medicine, Seattle, WA. Also reviewed by David C. Dugdale, MD, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

Learn how to cite this page



A.D.A.M., Inc. is accredited by URAC, for Health Content Provider (www.urac.org). URAC's accreditation program is an independent audit to verify that A.D.A.M. follows rigorous standards of quality and accountability. A.D.A.M. is among the first to achieve this important distinction for online health information and services. Learn more about A.D.A.M.'s [editorial policy](#), [editorial process](#), and [privacy policy](#).

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Links to other sites are provided for information only – they do not constitute endorsements of those other sites. No warranty of any kind, either expressed or implied, is made as to the accuracy, reliability, timeliness, or correctness of any translations made by a third-party service of the information provided herein into any other language. © 1997-2025 A.D.A.M., a business unit of Ebix, Inc. Any duplication or distribution of the information contained herein is strictly prohibited.



National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services

National Institutes of Health