



With hops, skips and jumps, 5-year-olds embrace childhood

It seems like not long ago, you just walked your child through the front door. Now, he's 5 years old. As he's grown, so have his toys, his interests and abilities. She's counting to at least 10, and her drawings are less abstract as her fine motor skills improve – trees and houses and people are more on the mark. He's hopping and skipping around the house, no longer exploring on hands and knees.

While every child grows at his or her own rate, [Help Me Grow](#) offers the following typical developmental milestones for 5-year-olds. These markers help check a child's progress:

- Hops, and may be able to skip
- Speaks clearly in sentences of five or more words
- Counts 10 or more objects
- Draws a person with at least six body parts
- Wants to please friends and wants to be like friends

For a 5-year-old, parents, child care providers and caregivers can take the following actions to encourage a child's development:

- Read, read, read to child
- Catch child being good and encourage all the things they do
- Point out familiar symbols and words for child to know
- Gently and consistently help child manage feelings and control behavior
- Be patient and responsive to questions
- Provide opportunities for physical play



5 YEAR MILESTONES

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For more information on five-year milestones, please visit [HelpMeGrowMN.org](#)

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Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecsu.org. For more information, visit helpmegrowmn.org.