

WAYS YOU CAN HELP YOUR CHILD

- Listen as your child communicates with you, nod or smile to show you understand, answer when your child asks you a question
- Bring your child to a preschool program. Start with short visits and say goodbye before you leave
- Talk about new places and experiences before you go, while you are there / when you get home
- Read longer stories, encourage your child to tell stories using books and pictures
- Practice drawing pictures and printing letters
- Make sure your child plays outside with other children; take him/her to a playground
- Encourage your child to participate in different activities such as sports, crafts, or community organizations

CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR IF:

...by 5 years, your child:

- always turns up the volume of the TV or radio disturbing other people
- cannot jump, ride tricycle, throw a ball overhand, or copy or circle
- does not hold a crayon/pencil between thumb and fingers
- does not use complete sentences
- has difficulty following directions
- gets frustrated or cannot keep up with other children his/her age during physical activities or ignores other children

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CHILD DEVELOPMENT

YOUR DEVELOPING CHILD

5 YEARS



By 5 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

LEARNING TO MOVE

When your child is 5, he/she should:

- hop or stand on one foot for 5 seconds or longer
- swing by him/herself on a swing
- climb outside
- throw a ball overhand
- go upstairs and downstairs without support



SEEING & USING HANDS

When your child is 5, he/she should:

- print his/her first name
- copy a triangle, most letters and numbers
- cut out simple shapes with scissors

LEARNING TO THINK & PLAY

When your child is 5, he/she should:

- play games with more rules
- show concern for someone who is hurt or upset
- begin to develop friendships
- begin to recognize money
- count 5 or more objects
- provide full name, age, mother's name
- attend to an activity for up to 20 minutes



- answer questions
- recognize some letters
- recognize and name most colors

HEARING, SPEECH & LANGUAGE

When your child is 5, he/she should:

- hear and understand most of what is said
- follow long directions such as "Get your Crayons, make a picture and put it on the fridge"
- use sentences that sound similar to an adult
- explain the meaning of familiar words when asked
- correctly pronounce most speech sounds
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AT 5 YEARS YOUR CHILD SHOULD:

- use a fork and spoon well, and begin to use a butter knife to spread
- be able to dress and undress by him/herself
- use the washroom alone
- understand that things need to be cleaned up, but still need reminders