



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Growth and Development: 5-6 Years

Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk and talk are some of the more major developmental "milestones" complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain parent, you are in the best position to note your child's development, and you can use the milestones described below as guidelines.

At the ages noted, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because he or she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember a "no" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his or her own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- major differences between your child's development and the "milestones"
- your child does not yet do many of the things usually done at his or her age

5 Years

Can your child button some of his/her clothing or his/her doll's clothes? (Snaps do not count.)

Does your child react well when you leave him/her with a friend or sitter?

Can your child name at least three colors?

Can your child walk down stairs alternating his/her feet?

Can your child jump with his/her feet apart (broad jump)?

Can your child point while counting at least three different objects?

Can your child name a coin correctly?

6 Years

Can your child tie his/her shoes?

Can your child dress himself/herself completely without help?

Can your child catch a small bouncing ball, such as a tennis ball, using only his/her hands?
(Large balls do not count.)

Can your child copy a circle?

Can your child tell his/her age correctly?

Can your child repeat at least four numbers in the proper sequence?

Can your child skip with both feet?

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are trained to detect and treat developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.

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