

Your Child at 5 Years

R [REDACTED]
Child's Name

5
Child's Age

10/6/20
Today's Date



Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 5. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- ☒ Wants to please friends
- ☒ Wants to be like friends
- ☐ More likely to agree with rules
- ☒ Likes to sing, dance, and act
- ☒ Is aware of gender
- ☒ Can tell what's real and what's make-believe
- ☒ Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- ☒ Is sometimes demanding and sometimes very cooperative

Language/Communication

- ☒ Speaks very clearly
- ☒ Tells a simple story using full sentences
- ☒ Uses future tense; for example, "Grandma will be here."
- ☐ Says name and address

Cognitive (learning. thinking. problem-solving)

- ☒ Counts 10 or more things
- ☐ Can draw a person with at least 6 body parts
- ☒ Can print some letters or numbers
- ☐ Copies a triangle and other geometric shapes
- ☒ Knows about things used every day, like money and food

Movement/Physical Development

- ☒ Stands on one foot for 10 seconds or longer
- ☒ Hops; may be able to skip
- ☒ Can do a somersault
- ☒ Uses a fork and spoon and sometimes a table knife
- ☒ Can use the toilet on her own
- ☒ Swings and climbs

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- ☐ Is missing milestones
- ☐ Doesn't show a wide range of emotions
- ☒ Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- ☐ Unusually withdrawn and not active
- ☒ Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- ☐ Doesn't respond to people, or responds only superficially
- ☐ Can't tell what's real and what's make-believe
- ☐ Doesn't play a variety of games and activities
- ☒ Can't give first and last name
- ☐ Doesn't use plurals or past tense properly
- ☐ Doesn't talk about daily activities or experiences
- ☐ Doesn't draw pictures
- ☐ Can't brush teeth, wash and dry hands, or get undressed without help
- ☐ Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.

Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App



Learn the Signs. Act Early.

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Developmental Milestones Assessment

Case Study 4

Classroom: Rachel

Children: 15

Adults: 2

Age group: 4-5

Classroom Environment:

- Early learning collaborative
- Testing, phonemic awareness, alphabet knowledge,
- Cultivating healthy relationships with peers

R [REDACTED] (5)

- Male, only child, single parent household
- Healthy, social emotional skills are very scattered
- Behind in learning, lacks effort,
- Good temperament with other children, sometimes talks back to adults
- High energy and a lot of excitement most days. Very friendly to adults and children. Every now and then has spells where he doesn't want to go to school and becomes very emotional.

H [REDACTED] (5)

- Female, 2 parent household, one younger sister
- Healthy, plays well with others, great at sharing, helps clean up, listens well, proficient in learning, no behavioral issues
- Shy but sweet, has warm and loving parents and shows great relationship with them, adjusts well to school
- Baby sister attends school here as well
- Demonstrates independence and positive relationships with peers and teachers



Ms. Rachel's Fall Daily Schedule 2020



7:30-8:25	Arrival/Self-Selected Activities	(55 minutes)
8:25-8:30	Toileting/Hand Washing	(5 minutes)
8:30-8:50	Breakfast (Optional)	(20 minutes)
	Self-Selected Activities	
8:50-9:00	Clean-Up	(10 minutes)
9:00-9:15	Large Group (Optional)	(15 minutes)
9:15-10:05	Self-Selected Activities	(50 minutes)
10:05-10:15	Clean-Up/Toileting/	(10 minutes)
	Hand Washing/Bugspray/	
	Sunscreen	
10:15-11:15	Outside	(1 hour)
11:15-11:30	Music Time/Hand Washing	(15 minutes)
11:30-12:00	Lunch/Letters	(30 minutes)
12:00-12:30	Toileting/Hand Washing/	(30 minutes)
	Literacy Time	
12:30-2:30	Naptime	(2 hours)
2:30-3:00	Snack (Optional); Oral Hygiene;	(30 minutes)
	Self-Selected Activities	
3:00-4:00	Self-Selected Activities	(1 hour)
4:00-4:30	Clean-up/Toileting/Hand	(30 minutes)
	Washing/Afternoon Group	
4:30-5:30	Outside/Departure	(1 hour)