



Child Development Milestones – 5 years

The majority of children will achieve these milestones by the time they turn 5 years. All children develop at different rates. Some children are slower than others (developmentally delayed) but catch up with time. Other children, however, may have an underlying problem that causes their delayed development, and they may not catch up. It is important for these children to get as much treatment (early intervention) as possible. So if you are concerned about any aspect of your child’s development, see your child health nurse or doctor for help without delay. If in doubt, it is better to have your concerns checked than to ‘wait and see’.

✓ An average child can...	✓ Signs of possible problems include...
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Gross motor

<input type="checkbox"/> Walk easily on narrow line	<input type="checkbox"/> Loses balance easily when moving
<input type="checkbox"/> Run lightly on toes	<input type="checkbox"/> Awkward and uncoordinated with running, stumbling, frequently tripping over
<input type="checkbox"/> Be active and skilful in climbing, sliding, swinging, etc.	<input type="checkbox"/> Fears and/or avoids playground equipment
<input type="checkbox"/> Skip on alternate feet	
<input type="checkbox"/> Stand on one foot for 8-10 seconds, right and left	<input type="checkbox"/> Not able to stand on one foot more than 2-3 seconds
<input type="checkbox"/> Hop on one foot 10 times or more, right and left	<input type="checkbox"/> Not able to hop on one foot more than 4-5 times (either leg) and/or able to hop on one foot only
<input type="checkbox"/> Catch ball in hands, throw and kick easily	<input type="checkbox"/> Not able to catch, throw or kick a ball
<input type="checkbox"/> Ride a bike with/without trainer wheels	<input type="checkbox"/> Not able to pedal a tricycle or a bike with trainer wheels

Fine motor

<input type="checkbox"/> Thread a large needle	<input type="checkbox"/> Unable to thread using large needle
<input type="checkbox"/> Copy (draw) basic shapes (triangle, circle, lines)	<input type="checkbox"/> Unable to copy (draw) basic shapes (triangle, circle, lines)
<input type="checkbox"/> Begin learning to write letters (e.g. name)	<input type="checkbox"/> Unable to copy letters that are recognisable
<input type="checkbox"/> Show more detailed drawings (e.g. windows in the house, curtains etc.)	<input type="checkbox"/> Not drawing simple pictures
<input type="checkbox"/> Show improved scissors skills (cutting out simple shapes)	<input type="checkbox"/> Difficulty using a pencil and scissors
<input type="checkbox"/> Use knife and fork together	
<input type="checkbox"/> Usually have a clear hand preference before starting school	<input type="checkbox"/> No clear hand preference (where it affects performance in everyday activities)

Talking and understanding

<input type="checkbox"/> Hold a long, sensible conversation	<input type="checkbox"/> Regular trouble with finding individual words
<input type="checkbox"/> Make few grammatical errors	<input type="checkbox"/> Often makes grammatical mistakes
	<input type="checkbox"/> Unable to respond to questions (e.g. what, why)
	<input type="checkbox"/> Can't understand or explain meanings of common words
<input type="checkbox"/> Understand opposites	
<input type="checkbox"/> Understand similarities between objects	
<input type="checkbox"/> Understand prepositions (e.g. in, out, beside) and personal pronouns (e.g. I, you, he, she)	<input type="checkbox"/> Mistakes with grammar, tense, personal pronouns or prepositions
	<input type="checkbox"/> Concerns from pre-school teachers about whether the child is able to understand
	<input type="checkbox"/> Unable to repeat longer sentences (eight words or more)





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Social

<input type="checkbox"/> Give home address (number, street)	
<input type="checkbox"/> Use knife and fork	<input type="checkbox"/> Not independent with eating and dressing
<input type="checkbox"/> Fully dress and undress except laces and difficult buckles	
<input type="checkbox"/> Can solve social problems i.e. negotiate, share, avoid conflict	<input type="checkbox"/> Unable or not interested in participating in group games and activities
	<input type="checkbox"/> No problem-solving skills if doesn't get own way

Intellectual

<input type="checkbox"/> Identify coins and notes	<input type="checkbox"/> Unaware of money, number and time concepts
<input type="checkbox"/> Count 10-20 objects	
<input type="checkbox"/> Understand concepts of morning, afternoon	
<input type="checkbox"/> Able to compare objects (e.g. faster, slower)	
	<input type="checkbox"/> Play is different in quality than friends'
	<input type="checkbox"/> Concerns about school readiness

If you have any concerns about your child's development, see your child health nurse or GP.

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