

Developmental Milestones Ages 5-6 Years

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Communication Skills

- Talks a lot, sometimes when nobody is in the room
- Talks in full and complex sentences and typically has adult-like conversations
- Understands simple jokes and riddles
- Enjoys the opportunity to do 'show and tell'
- Understands more words than she can say and is learning as many as 5-10 new words each day
- Vocabulary growth is so rapid at this age that your child's brain often thinks faster than she can say what's on her mind

Fine Motor Skills

- Copies a triangle
- Cuts out simple shapes
- Prints numerals from 1 to 5
- Color within lines



Gross Motor Skills

- Jumps rope
- Skates
- Rides bicycle
- Walks on balance beam
- Rhythmic skipping



Personal Social Skills

- Pretend play is more complex now, filled with lots of fantasy and drama
- Prefers playing with friends rather than on her own
- Games with rules sometimes challenge your six-year-old, and he might even accuse others of cheating when he doesn't win
- Although your six-year-old loves to be independent, he still needs lots of your love and attention

Problem Solving Skills

- Places four pictures in sequence
- Imitates series of actions
- Sorts and classifies by category
- Learning to read and write basic words and numbers

Communication Activities

- Engage with your child in give and take conversation
- Read, read, read WITH your child and involve them in the story
- Ask open ended questions that cannot be answered with "yes" or "no"
- Engage in pretend play with them, make up characters and use funny voices
- Play simple board games with them, helping them understand the rules

Fine Motor Activities

- Continue puzzles, drawing, sorting, cutting, pasting
- Use clay to help your child make objects and animals
- Show your child how to make simple recipes, such as cookies from a mix
- Help your child use a hammer, saw and nails with supervision

Gross Motor Activities

- Provide bicycle, skates and jump rope
- Encourage playground activities: jumping, hopping, climbing, skipping, balancing
- Encourage your child to play different ball games which involve hitting, catching, throwing and kicking the ball
- Provide opportunities for movement through dance and gymnastics

Personal Social Activities

- Connecting with you and family is the most important thing in his life. He wants your approval, is proud of his achievements – and probably doesn't take well to criticism or discipline
- You might also notice that your child can play with others to achieve a common goal – for example, working together to build one big sandcastle. He *might* also be able to work things out if another child doesn't want to play a particular game
- Your child can express her feelings, although she might still need your help, and time, to identify and talk about tricky emotions like frustration or jealousy
- Your child's growing understanding of the world around might lead to some fears. Be sensitive and help talk them through it



Problem Solving Activities

- Plant a garden with your child
- Show your child how to make simple recipes using measurements
- Allow your child to have a lemonade stand, making the lemonade and counting change
- Help your child write his or her name
- Read daily to your child

