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## 5 years

Your child's wellbeing always remains top priority in our office. We are here to support and answer your questions as your child grows. Please call us anytime with your concerns, or use our patient portal to contact us online. This is a guideline for developmental milestones for your child. Remember, children develop at different rates, and this is only a guideline.

Physical and motor skill milestones for a 5-year-old child may include:

- Gains about 4 - 5 pounds per year; Grows about 2 - 3 inches per year
- Vision has reached 20/20
- Erupting first permanent teeth (most children do not get their 1st permanent teeth until age 6)
- Developing increased coordination
- Skipping, jumping, and hopping with good balance
- Maintaining balance while standing on one foot with eyes closed
- Showing increased skill with simple tools and writing utensils
- Can copy a triangle; Spreads with a knife

Sensory and cognitive milestones:

- Vocabulary increasing to over 2,000 words
- Composing sentences of 5 or more words, and with all parts of speech
- Identifying coins; Counting to 10
- Properly naming the primary colors and possibly many more
- Questioning more deeply, addressing meaning and purpose
- Responding to "why" questions
- Behaving more responsibly and apologizing for mistakes
- Decreasing aggressive behavior
- Outgrowing earlier childhood fears
- Accepting other points of view (but may not understand them)
- Demonstrating increased mathematical skill
- Questioning others, including parents
- Strongly identifying with the parent of the same sex
- Having a group of friends
- Engaging in imaginative play (for example, a trip to the moon)

Ways to encourage a 5-year-old's development may include:

- Reading together; Playing creatively with the child
- Providing the necessary space for physical activity
- Instructing the child to participate in -- and learn the rules of -- sporting activities
- Encouraging the child to play with other children, which helps develop social skills
- Monitoring both the time and content of television viewing
- Visiting local areas of interest
- Encouraging the child to take responsibility for small household chores, such as helping set the table or picking up toys after playing

Please see the following link for recommended vaccines for your child:

<http://www.immunize.org/catg.d/p4050.pdf>