

## *WAYS YOU CAN HELP YOUR CHILD*

- Listen as your child communicates with you, nod or smile to show you understand, answer when your child asks you a question.
- Bring your child to a preschool program and get him/her to stay without you.
- Talk about new places and experiences before you go, while you are there / when you get home.
- Use words or sounds that your child finds difficult, have your child look at your mouth as you say the sound clearly.
- Read longer stories, encourage your child to tell stories using books and pictures.
- Practice drawing pictures and printing letters.
- Make sure your child plays outside with other children; take him/her to a playground.
- Enroll your child in activities such as swimming, skating, soccer, gymnastics, or baseball.

## *CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR WHEN ...*

### **... at 5 years, your child:**

- always turns up the volume of the TV or radio disturbing other people
- cannot jump, ride a tricycle or throw a ball overhand
- does not hold a crayon/pencil between thumb and fingers or copy a circle
- throws tantrums easily
- does not use complete sentences
- has difficulty following directions
- gets frustrated or cannot keep up with other children his/her age during physical activities or ignores other children

## *CHILD DEVELOPMENT*

Rehabilitation & Early Childhood Development,  
Western Health Authority  
AND  
Janeway Outreach Program  
Western Region

*CHILD DEVELOPMENT*

## *YOUR DEVELOPING CHILD*

*4-5 YEARS*



By 5 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

## LEARNING TO MOVE

### When your child is 5, he/she should:

- hop or stand on one foot for 5 seconds or longer
- swing by him/herself on a swing
- climb outside



- throw a ball overhand
- go upstairs and downstairs without support

## LEARNING TO THINK & PLAY

### When your child is 5, he/she should:

- play games with more rules
- show concern for someone who is hurt or upset
- begin to develop friendships
- begin to recognize money
- count 10 or more objects
- provide full name, age, address, and telephone number
- attend to an activity for up to 20 minutes

## HEARING, SPEECH & LANGUAGE

fridge”

- use sentences that sound similar to an adult
- explain the meaning of familiar words when asked
- correctly pronounce most speech sounds

When  
your  
child  
is 5, he/she should:

## SEEING & USING HANDS

- print his/her first name
- copy a triangle, most letters and numbers
- cut out simple shapes with scissors
- color mostly within the lines

- explain how to solve a simple problem
- recognize most letters
- recognize and name most colors



### When your child is 5, he/she should:

- hear and understand most of what is said
- follow long directions such as “Get your crayons, make a picture and put it on the

## AT 5 YEARS YOUR CHILD SHOULD:

- use a fork and spoon well, and begin to use a butter knife to spread
- be able to dress and undress by him/herself
- use the washroom alone
- understand that things need to be cleaned up, but still need reminders