

What Should I Expect From My Five-year-old?

Physical Development:

First permanent teeth begin to erupt

Averages 10-11 hours sleep each night, naps needed only occasionally

Dreams and nightmares are common

Language:

Approximate vocabulary of 2100-2200 or more words

Motor:

- Draws a person with head, arms, legs, and trunk
- Draws a house with doors, roof, chimney, and windows
- Climbs a ladder
- Threads large needle independently and sews several stitches
- Hops forward 10 feet on one foot
- Can drop kick a ball
- Prints capital letters, simple words, and numerals
- Tries to skate, falls may occur often
- Holds a pencil appropriately
- Walks a balance board the full length without falling off
- Copies a diamond, square, triangle
- Prints own name
- Can color in the lines with crayons

Self-Help:

- Dresses and undresses self, including small size buttons and snaps
- Uses all eating utensils properly
- Brushes and combs own hair
- Brushes own teeth, but may need an adult's inspection of his teeth
- Can wipe nose, but may be an incomplete job
- Sleeps in own bed, but some children may fear the dark
- Gets self ready for bed
- Goes to toilet alone without mentioning it to an adult
- Learns to tie shoelaces
- Understands need for tidiness, but needs frequent reminders

Social:

- May have imaginary friends
- Very attached to home and family, but will adventure out to some extent
- Shows sympathy to others
- Enjoys assisting with household chores and routines and is helpful
- May be rigid about the "right" and "wrong" way to do things

