

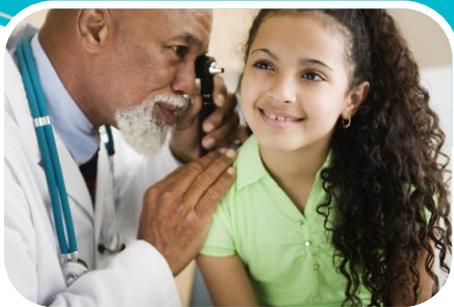
5 years old

Typical milestones

GROSS MOTOR

TYPICAL MILESTONES:

- Able to walk on a narrow line with ease
- Able to run on toes lightly
- Demonstrates ability to skilfully undertake sliding, climbing and swinging
- Able to skip on either foot
- Able to do single-leg stance for 8-10 seconds
- Able to hop 10 or greater times on each foot
- Able to catch a ball, kick and throw with ease
- Able to use a bike either with or without training wheels



GROSS MOTOR

SEEK HELP WHEN:

- Loses balance regularly
- Uncoordinated and awkward with activities such as running and tripping over frequently or stumbling
- Does not use or is fearful of playground equipment
- Can not balance on single foot for greater than 2-3 seconds
- Unable to hop on single foot greater than 4-5 times
- Difficulty throwing, catching or kicking a ball
- Unable to use pedals with bike or tricycle unless trainer wheels are involved

If in doubt:

Contact your local physiotherapy practice or GP if you have the slightest concerns. Remember, It is never too late and it always better to check then leave your questions

Normal Milestones

5 Years

Physique Health

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“Be active in your child’s growth and development”



INTERLECTUAL

- Able to identify money
- Able to count 10-20 items
- Able to understand concepts of time
- Able to make comparison between two different concepts eg. Up and down or fast and slow

SEEK HELP WHEN:

- Has difficulty with numbers, money and concepts of time
- Has a different quality of play to their friends
- Concerns exist regarding whether the child is ready for school

COMMUNICATION

- Able to hold a sensible conversation
- Only makes minimal grammatical errors
- Has an understanding of opposites
- Can understand when objects share similarities
- Has an understanding of personal pronouns and prepositions

SEEK HELP WHEN:

- Difficulty finding individual words
- Makes grammatical errors often
- Difficulty responding to questions
- Difficulty explaining or comprehending the meanings of typical words
- Errors with tense, grammar, prepositions or pronouns
- Concerns from teachers regarding a child’s understanding
- Difficulty repeating sentences greater than 8 words

FINE MOTOR

- Able to thread a needle (large needle)
- Able to draw/copy shapes that are basic such as a circle or triangle
- Beginning to write letters
- Drawings are becoming more detailed eg. House with fence and garden
- Ability to use scissors is improving
- Able to use fork and knife together
- Demonstrates a clear hand preference

SEEK HELP WHEN:

- Cannot thread a needle (large needle)
- Difficulty coping basic shapes such as circles or triangle
- Difficulty copying letters
- Unable to draw pictures that are simplistic
- Unable to use scissors or a pencil with ease
- Does not have a hand preference

SOCIAL

- Able to provide home address
- Able to use fork/knife
- Able to dress themselves with the tricky buckles or laces
- Are able to problem solve with social issues through sharing or negotiating

SEEK HELP WHEN:

- Lacks independence with dressing or eating
- Does not wish to participated in activities or group games
- Lack of problem-solving abilities when they don’t get their own way