



# Your Five-Year-Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at age 5.**

## Physical growth:

- Learn about height and weight milestones at [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts).

## Learning, thinking, problem-solving:

- Count to 10 and name some numbers between 1 and 5 when you point to them.
- Use words about time, like "today," "tomorrow," "morning," or "night."
- Pay attention for 5–10 minutes during activities.
- Write some letters of their name; identify some letters.

## Emotional and social development:

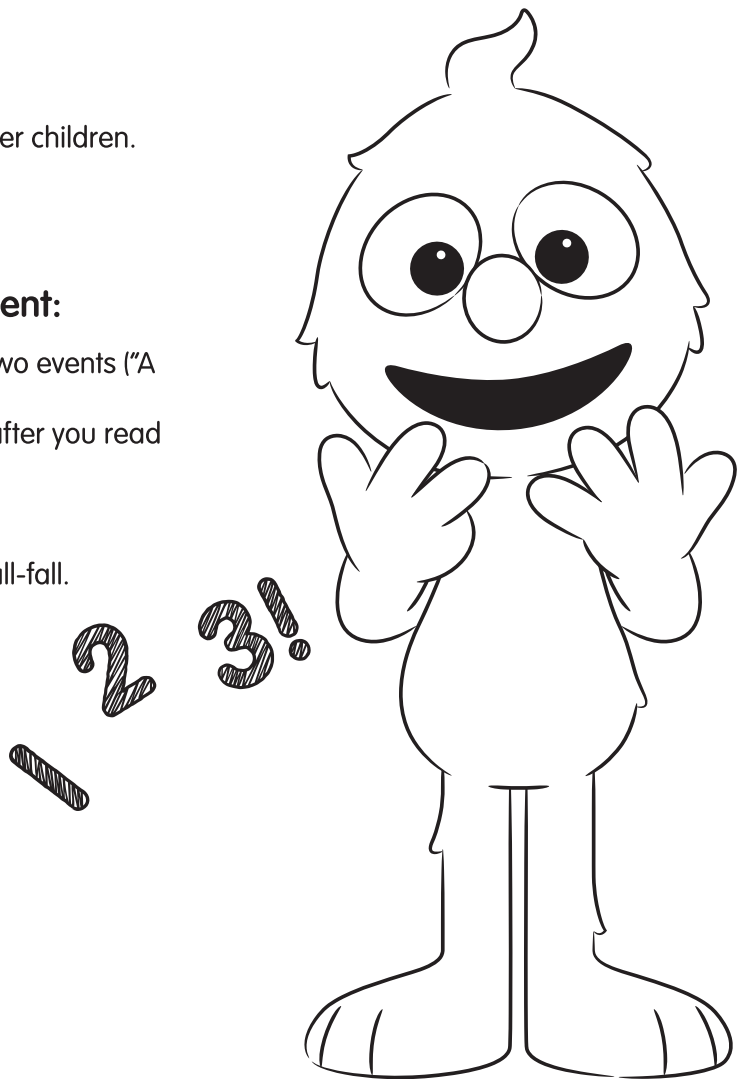
- Follow rules or takes turns when playing with other children.
- Sing, dance, or act for you.
- Do simple chores at home.

## Language and communication development:

- Tell a story they heard or made up with at least two events ("A dog got lost and someone helped find her").
- Answer simple questions about a book or story after you read it or tell it to them.
- Keep a conversation going with more than three back-and-forth exchanges.
- Use or recognize simple rhymes, like rat-cat or tall-fall.

## Movement and physical development:

- Button some buttons.
- Hop on one foot.



Meet a 5-year-old monster Muppet, Marty! Read *Monster Moments* and watch a little monster grow.