

Your Six-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 6.**

Physical growth and development:

- Learn about height and weight milestones at www.cdc.gov/growthcharts.
- Are developing their first molars and starting to lose baby teeth.

Thinking and reasoning:

- Can tell you their age.
- Can count to and understand the concept of “10” (for example, they can count 10 pieces of candy).
- Are learning to express themselves well through words, and are learning to write.
- Start to understand cause-and-effect relationships and the concept of time.

Emotional and social development:

- Still have fears, such as fear of monsters.
- Want their parents to play with them, but begin to meet more of their social needs with friends and other adults.
- Play in ways that include fantasy and imagination.
- Often like to be the “big kid” and feel as if they are taking care of a younger child.
- Start to understand the feelings of others, with the support of parents and other caregivers.
- Are developing a sense of humor (enjoying simple jokes and funny books and rhymes).

Language development:

- Are able to describe a favorite movie, show, story, or activity.
- Can spell their first name and write some letters and numbers.
- Read some simple words.

Senses and movement:

- Can balance, run, catch a ball, skip, jump, and try other forms of physical play.
- Draw a person with at least 8 parts. They can also copy different shapes and like to make designs.
- Dress themselves (but may still need help with difficult buttons or laces).

