


Five Years

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different, and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Runs quite well ◆ Right or left handedness now fairly clear ◆ Dresses and undresses independently ◆ Washes and dries face and hands ◆ Skips on alternate feet 	<ul style="list-style-type: none"> ◆ Able to copy square and triangle ◆ Can count five fingers or toes ◆ Understands need for rules <div style="text-align: center;">  </div>
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Learning to share ◆ Thrives on praise ◆ Cooperative ◆ Chooses friends 	<ul style="list-style-type: none"> ◆ Plays constructively ◆ Draws recognizable humans and houses ◆ Speaks fluently ◆ Counts objects up to 20
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ Tells far fetched tales (using imagination) ◆ Swears ◆ May still suck thumb 	






Importance of play

Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
MASK MAKING	Paper, cardboard, scissors, string, paper plates, crayons, decorations, elastic, glue, stapler, sticky-tape.	Your child can cut out shapes for facial features of the mask, or use any other available materials. Ensure the string or elastic used to keep the mask on is not too tight for your child.
JIGSAW	Jigsaw puzzle. 	Help your child become familiar with the task of putting the pieces together. You can even make your own by sticking a picture onto some cardboard, drawing a pattern on the back and cutting out the pieces.
CLEANING	Cloths, spray bottle filled with water, etc. 	Kids love helping out around the house – give them an old cloth and ask them to dust areas they can reach, let them wash small sections of windows, get them to put away as many toys as they can before you count to 60, etc.
TOY TELEPHONES	Two plastic cups, length of string.	Put a hole in the bottom of each cup, thread the string through each hole, and tie a knot in each end. You and your child can talk together; this encourages conversation skills such as turn-taking.
GROWING THINGS	Seeds (e.g. Beans, tomatoes, flowers, etc) 	Give your child a special pot or patch in the garden to grow some vegetables or flowers – this will teach them about nature and the life cycle of plants, as well as giving them something important to do in the garden.
CARS	Large cardboard boxes, paper plates for wheels, sticky-tape, and 'decorations'.	Help your child make their own pretend car to drive around the house in!

