


# Six 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	
<b>Physically (motor)...</b> <ul style="list-style-type: none"> <li>◆ Skilful with hands</li> <li>◆ May be able to ride a bicycle</li> <li>◆ Starts to lose first teeth &amp; acquires permanent molars</li> <li>◆ Casual and careless in washing &amp; dressing</li> </ul>	<b>Intellectually (cognitive)...</b> <ul style="list-style-type: none"> <li>◆ Knows left from right hand</li> <li>◆ Begins to read &amp; print letters</li> <li>◆ Reads &amp; writes numbers</li> <li>◆ Adds &amp; subtracts single digit numbers</li> </ul>
<b>Socially &amp; emotionally...</b> <ul style="list-style-type: none"> <li>◆ Excitable, impulsive &amp; changeable</li> <li>◆ Playing with many children, making new friends</li> </ul>	<b>Creatively (communication)...</b> <ul style="list-style-type: none"> <li>◆ Draws pictures with supporting detail</li> </ul> <div style="text-align: center;">  </div>
Common 'normal' problems	
<ul style="list-style-type: none"> <li>◆ May seem rude or aggressive and boasts</li> <li>◆ Mild 'sex' play : exhibitionism in toilet</li> <li>◆ Fearful of sounds, ghosts, being lost, etc</li> <li>◆ Slow to follow instructions</li> </ul>	



## 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.

For more information contact the Women's Health Services (08) 9 2 2 7 8 1 2 2 or [info@whs.org.au](mailto:info@whs.org.au)

# 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
<b>BEACH ACTIVITIES</b>	Shells, home-made boats, spades, buckets, balls, etc. Also, always remember to bring sunscreen and a hat. <div style="text-align: center;">  </div>	Sandcastles are always lots of fun to build; you can make them with your child and decorate them with shells or seaweed from the beach. Digging moats around the sandcastles is also an idea. You can make 'animal tracks' in the sand with your hands; ask your child to guess which animal they might be.
<b>READING</b>	Picture books with a few words.	Your child may now be able to recognise letters and help you to read along. Ask your child questions about the story as you are reading.
<b>DRAWING Or WRITING STORIES</b>	Paper, writing equipment. <div style="text-align: center;">  </div>	Children of this age are very creative, and love telling stories. Encourage them to draw pictures and words to go along with the made-up story; this could even be made into a book. Perhaps you can make a special scrapbook filled with your child's drawings too.
<b>DISHES</b>	Sink, dishes, tea-towel, cloth, and detergent. <div style="text-align: center;">  </div>	Encourage your child to help out with the dishes; start with less breakable objects such as plastic cups and plates. This will help them feel important, and teach them about helping out with chores around the house.
<b>OBSTACLE COURSE</b>	Chairs, brooms, chalk, bike, any other available equipment to make an obstacle course.	Using whatever space available (backyard, lounge room), set up a course for your child to complete; this may include climbing under chairs, rolling a ball into a hoop, running around the yard, etc. Safety is VERY important!