



Developmental Milestones Chart

As children grow, they experience many physical, cognitive, social, and emotional changes. While no two children develop at the same rate, there are some milestones you can expect children to achieve within a given age range. Below is a chart that outlines some of the typical developmental milestones children between 5 and 10 years of age experience. The following milestones are presented as a guide only. Every child grows at a unique pace; some mature more quickly or more slowly than others. If you have concerns, you could discuss them with your child's doctor.

Developmental Milestones

Age	Physical	Cognitive	Social	Emotional
5 Years Old	<ul style="list-style-type: none">Hop, skip, and somersaultClimb and swingUse a fork and spoonUse the toilet independentlyDress and undress independentlyMay begin to lose baby teeth	<ul style="list-style-type: none">Count at least 10 objectsAware of everyday items like food or moneyCopy geometric shapes like a triangleWrite some letters and numbers	<ul style="list-style-type: none">Desire to make his or her friends happyAre aware of genderMore inclined to agree with rulesBegin to act more independently (e.g., may go to a neighbor's house by himself or herself)	<ul style="list-style-type: none">Show care and concern for othersCan be both demanding and cooperativeWish to be like his or her friendsAble to distinguish between reality and fantasy
6 Years Old	<ul style="list-style-type: none">Are beginning to lose baby teethCan catch a ballAble to write his or her own nameDeveloping better balance	<ul style="list-style-type: none">Know his or her age, birthday, and addressCommunicate well verballyStart to understand casual relationshipsBegin to understand the notion of time	<ul style="list-style-type: none">Like to play with friends of the same genderUse a lot of imagination in his or her play activitiesStill want his or her parents to play with him or her	<ul style="list-style-type: none">Continue to be fearful of things like big animals and monstersBegin to understand others' feelings, but still tend to be self-focusedStart to develop a sense of humorWant to be a "big" kid and to feel that he or she is contributing or helping (e.g., taking care of a younger sibling)
7 Years Old	<ul style="list-style-type: none">Well-developed hand-eye coordinationEnergeticCan use scissors properlyRide a bike without training wheels	<ul style="list-style-type: none">Reads books independentlyThink in a logical fashionHave a vocabulary of a few thousand wordsComprehends the meaning of symbols like + (plus) or = (equals)Can tell timeKnows the days of the week, months, and seasons	<ul style="list-style-type: none">Becomes better at regulating emotions during challenging times, such as losing a gameEngage in turn-taking and cooperative playMay have a best friendBetter able to distinguish between right and wrong	<ul style="list-style-type: none">Become more self-aware and self-criticalCapable of feeling guilt and shameMay experience extreme emotional reactions



Age	Physical	Cognitive	Social	Emotional
8 Years Old	<ul style="list-style-type: none"> Experiences muscle growth in his or her arms and legs Have better coordination, reaction time, and endurance Brush his or her teeth independently Use kitchen instruments and simple tools like a hammer or screwdriver 	<ul style="list-style-type: none"> Are capable of thinking about multiple things at the same time Are able to follow complicated instructions Communicate at an adult-like level May begin to have favorite subjects in school Can understand basic fractions 	<ul style="list-style-type: none"> Have the ability to master social skills and make friends May have several close friends of the same gender Enjoy being a part of a group (e.g., team sports or extracurricular clubs) Are susceptible to peer pressure Can be friendly and pleasant, but also impolite and pushy 	<ul style="list-style-type: none"> Strong desire to feel loved and understood, especially by his or her parents May be sensitive and act dramatically May experience rapid changes in emotions Still tend to struggle with being patient
9 Years Old	<ul style="list-style-type: none"> Start to show a growth pattern related to gender; girls are starting to get taller and weigh more than boys Lose about four baby teeth each year; these are replaced with permanent teeth Become increasingly interested in team sports 	<ul style="list-style-type: none"> Face more academic challenges at school Become more independent from the family Begin to see others' point of view more clearly Have an increased attention span 	<ul style="list-style-type: none"> Start to form stronger, more complex friendships and peer relationships Experience more peer pressure May experience bullying behavior 	<ul style="list-style-type: none"> Recognize basic social norms and appropriate behavior Can control his or her anger most of the time Have more stable emotions than in the previous year; mood swings may still occur, but not as frequently Are curious about relationships between boys and girls
10 Years Old	<ul style="list-style-type: none"> Have an increased appetite and need more sleep Show improvement in handwriting and the ability to use tools May complain of growing pains or muscle cramps 	<ul style="list-style-type: none"> Able to plan and predict with increasing accuracy Use logic to explain reactions and his or her findings to make further predictions May still have a hard time sorting facts from opinions 	<ul style="list-style-type: none"> Understand that rules can be negotiated Test limits; try to figure out which rules are negotiable and which are not Are increasingly independent from family and have a growing interest in his or her friends 	<ul style="list-style-type: none"> Experience insecurity, mood swings, and struggle with self-esteem Are affectionate, silly, and curious, but may also be selfish, rude, and argumentative Recognize and complain when he or she considers issues to be unfair Fine line between being a big kid and wanting to be a child

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!