











## 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
<b>5</b> Years Old	<ul style="list-style-type: none"> <li>Hop, skip, and somersault</li> <li>Climb and swing</li> <li>Use a fork and spoon</li> <li>Use the toilet independently</li> <li>Dress and undress independently</li> <li>May begin to lose baby teeth</li> </ul>	<ul style="list-style-type: none"> <li>Count at least 10 objects</li> <li>Aware of everyday items like food or money</li> <li>Copy geometric shapes like a triangle</li> <li>Write some letters and numbers</li> </ul>	<ul style="list-style-type: none"> <li>Desire to make their friends happy</li> <li>Are aware of gender</li> <li>More inclined to agree with rules</li> <li>Begin to act more independently (e.g., may go to a neighbor's house by themselves)</li> </ul>	<ul style="list-style-type: none"> <li>Show care and concern for others</li> <li>Can be both demanding and cooperative</li> <li>Wish to be like their friends</li> <li>Able to distinguish between reality and fantasy</li> </ul>
<b>6</b> Years Old	<ul style="list-style-type: none"> <li>Are beginning to lose baby teeth</li> <li>Can catch a ball</li> <li>Able to write their own name</li> <li>Developing better balance</li> </ul>	<ul style="list-style-type: none"> <li>Know their age, birthday, and address</li> <li>Communicate well verbally</li> <li>Start to understand casual relationships</li> <li>Begin to understand the notion of time</li> </ul>	<ul style="list-style-type: none"> <li>Like to play with friends of the same gender</li> <li>Use a lot of imagination in their play activities</li> <li>Still want their parents to play with them</li> </ul>	<ul style="list-style-type: none"> <li>Continue to be fearful of things like big animals and monsters</li> <li>Begin to understand others' feelings, but still tend to be self-focused</li> <li>Start to develop a sense of humor</li> <li>Want to be a "big" kid and to feel that they are contributing or helping (e.g., taking care of a younger sibling)</li> </ul>
<b>7</b> Years Old	<ul style="list-style-type: none"> <li>Well-developed hand-eye coordination</li> <li>Energetic</li> <li>Can use scissors properly</li> <li>Ride a bike without training wheels</li> </ul>	<ul style="list-style-type: none"> <li>Reads books independently</li> <li>Think in a logical fashion</li> <li>Have a vocabulary of a few thousand words</li> <li>Comprehends the meaning of symbols like + (plus) or = (equals)</li> <li>Can tell time</li> <li>Knows the days of the week, months, and seasons</li> </ul>	<ul style="list-style-type: none"> <li>Becomes better at regulating emotions during challenging times, such as losing a game</li> <li>Engage in turn-taking and cooperative play</li> <li>May have a best friend</li> <li>Better able to distinguish between right and wrong</li> </ul>	<ul style="list-style-type: none"> <li>Become more self-aware and self-critical</li> <li>Capable of feeling guilt and shame</li> <li>May experience extreme emotional reactions</li> </ul>



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

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!