

DEVELOPMENTAL MILESTONES FOR CHILDREN (AGES 3-5)



WHAT TO EXPECT DURING AGES 3-5

Between ages 3 and 5, children grow quickly in language, independence, play skills, and movement. Children develop at different rates—these are general expectations, not strict rules.

SOCIAL & EMOTIONAL

By age 4:

- Begins to play with other children
- Shows affection and concern
- Takes turns with help
- Follows routines

By age 5:

- Enjoys helping others
- Plays cooperatively with friends
- Shows a range of emotions
- Takes simple responsibilities

COGNITIVE (LEARNING & THINKING)

By age 4:

- Engages in pretend play
- Follows 2 step directions
- Understands simple concepts

By age 5:

- Counts and recognizes some numbers
- Understands basic time concepts
- Plays complex pretend games
- Problem-solving skills grow

LANGUAGE & COMMUNICATION

By age 4:

- Speaks in short sentences
- Usually understood by familiar adults

By age 5:

- Speaks clearly
- Tells simple stories
- Uses longer sentences
- Uses basic grammar

MOVEMENT & PHYSICAL DEVELOPMENT

By age 4:

- Runs, climbs, pedals tricycle
- Draws simple shapes
- Uses utensils and dresses with help

By age 5:

- Hops, balances, may skip
- Draws detailed pictures
- Dresses independently
- Improved hand skills

WHEN TO TALK TO YOUR CHILD'S DOCTOR

Talk to a professional if your child:

- Is hard to understand
- Has trouble playing with others
- Cannot follow directions
- Shows little pretend play
- Has movement difficulties