



Your Child's Growth, Step by Step: Milestone Tracking with

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Your child at 5 years

Milestones are important! How your child plays, learns, speaks, behaves, and moves provides key insights into their development. Review the milestones your child has achieved by 5 years. Be sure to bring this information to every well-child visit and discuss your child's progress with their doctor, along with what to expect next.

Social/Emotional Milestones

- Takes turns and follows rules while playing games with other children.
- Enjoys singing, dancing, or putting on small performances for you.
- Helps with simple chores at home, like pairing socks or clearing the table after meals.

Language/Communication Milestones

- Tells a story they heard or created with at least two events, like a cat getting stuck in a tree and a firefighter rescuing it.
- Answers basic questions about a book or story after you read or tell it to him.
- Engages in a conversation with more than three back-and-forth exchanges.
- Recognizes or uses simple rhymes, like "bat-cat" or "ball-tall."

What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is there anything that you and your baby do together?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ What are your baby's favorite things to do?
- ★ Does your baby stop doing anything that he/she used to do?

Cognitive Milestones (Learning, thinking, problem-solving)

- Counts to 10.
- Identifies some numbers between 1 and 5 when you point to them.
- Writes some letters from their names.
- Names a few letters when you point to them.

Movement/Physical Development Milestones

- Can button some buttons.
- Can hop on one foot.



You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.



Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✓ Ask what she's building and encourage her to elaborate by asking questions like "Why?" or "How?" For instance, you could say, "That's a nice bridge you're constructing. Why did you place it there?"
- ✓ Use puzzles and building blocks to foster creativity and problem-solving skills.
- ✓ Help your child understand time by singing songs about the days of the week and discussing what day it is. Use time-related words such as today, tomorrow, and yesterday.
- ✓ Allow your child to try tasks independently, even if they aren't perfect. Let him make his bed, button his shirt, or pour water into a cup. Celebrate his efforts without correcting every small mistake.
- ✓ Talk about your feelings and your child's feelings openly. Read books that explore characters' emotions and discuss the reasons behind them.
- ✓ Engage in activities like asking, "What rhymes with cat?"
- ✓ Help your child learn to follow rules in games, such as simple board games, card games, or Simon Says.
- ✓ Designate a spot in your home for your child to go when upset. Stay close by so he knows he is safe and can seek your help if needed.
- ✓ Limit screen time (TV, tablets, phones, etc.) to no more than 1 hour per day, and create a media use plan for your family.
- ✓ Share meals as a family, engaging in conversation and avoiding screens during mealtime. Involve your child in preparing healthy foods to enjoy together.
- ✓ Motivate your child to "read" by looking at pictures and narrating the story.
- ✓ Engage in games that enhance memory and focus, like card games, Tic Tac Toe, I Spy, or Hot and Cold.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

