

## Developmental Milestones

From Robert Melillo, Reconnected Kids (2011). Penguin Group. New York, NY.

	Age 3	Age 4	Age 5
<b>Behavior/ Emotional Traits</b>	<ul style="list-style-type: none"> <li>• Shares toys, takes turns with assistance</li> <li>• Begins to learn to take responsibility</li> <li>• Shows affection for younger siblings</li> <li>• Engages in associative group play</li> <li>• Interprets emotions from facial expressions and intonation</li> <li>• Engages in genital exploration</li> <li>• Plays cooperatively</li> <li>• Has no sense of privacy</li> <li>• Has stereotypical understanding of gender roles</li> <li>• Has a simplistic idea of good and bad behavior; wants to please parents, but behavior is inconsistent (by age four)</li> </ul>	<ul style="list-style-type: none"> <li>• Often indulges in make-believe</li> <li>• Plays and interacts with other children</li> <li>• Improves with taking turns and cooperating</li> <li>• Is spurred on by rivalry in activity</li> <li>• Understands social problem solving</li> <li>• Shows interest in exploring gender differences</li> <li>• Enjoys doing things for self</li> <li>• Plays outside with minimum supervision; likes to be trusted</li> <li>• Shows increased frustration tolerance</li> <li>• Is better able to delay gratification</li> <li>• Has rudimentary sense of self</li> <li>• Understands concepts of right and wrong</li> <li>• Has self-esteem that reflects opinions of significant others</li> <li>• Is self-directed in many activities</li> <li>• Views self as a whole person involving body, mind, and feelings</li> <li>• Bosses and criticizes</li> <li>• Exaggerates and boasts</li> <li>• Commonly plays with imaginary friend(s)</li> <li>• May show increased aggressive behavior</li> <li>• Displays concern and sympathy</li> <li>• Develops imaginary fears (e.g., dark rooms)</li> </ul>	<ul style="list-style-type: none"> <li>• Willingly plays with most children in school</li> <li>• Engages other children in play</li> <li>• Plays fairly</li> <li>• Engages other kids in role assignments</li> <li>• Chooses own friends</li> <li>• Has rapidly changing friendships</li> <li>• Has situation-specific friendships</li> <li>• Has one or two best friends of same sex</li> <li>• Is aware of differences in gender roles</li> <li>• Cooperates with others</li> <li>• Leads as well as follows</li> <li>• Is consistently sunny and happy</li> <li>• Quarrels frequently but of short duration; forgets quickly</li> <li>• Has frequent angry outbursts</li> <li>• Can be disobedient</li> <li>• May be jealous of classmates</li> <li>• Can be hesitant, dawdling, over demanding</li> <li>• Is sometimes demanding, sometimes eagerly cooperative</li> <li>• Understands concepts of right and wrong</li> <li>• Apologizes for mistakes</li> </ul>
<b>Physical Traits</b>	<ul style="list-style-type: none"> <li>• Has daytime control over bowel and bladder functions (may have nighttime control as well)</li> <li>• Can briefly balance on one foot</li> <li>• May walk up the stairs with alternating feet</li> <li>• Stacks more than nine blocks</li> <li>• Can easily place small objects in a small opening</li> <li>• Can copy a circle</li> <li>• Is starting to get physically active; can't sit still for long</li> <li>• Throws balls, though clumsily</li> <li>• Refines complex skills (hopping, jumping, climbing, running)</li> <li>• Rides big-wheeled and regular tricycles</li> </ul>	<ul style="list-style-type: none"> <li>• Continues to improve balance</li> <li>• Hops on one foot without losing balance</li> <li>• Throws a ball overhand with coordination</li> <li>• Can cut out a picture using scissors</li> <li>• May not be able to tie shoelaces</li> </ul>	<ul style="list-style-type: none"> <li>• Develops increased coordination</li> <li>• Skips, jumps, hops with good balance</li> <li>• Maintains balance standing on one foot with eyes closed</li> <li>• Ties own shoelaces</li> <li>• Shows increased skill with simple tools and writing utensils</li> <li>• Can copy a triangle</li> <li>• Spreads with a knife</li> <li>• Gets first permanent teeth (by age six)</li> </ul>

	Age 3	Age 4	Age 5
	<ul style="list-style-type: none"> <li>• Is cutting with scissors and drawing shapes</li> <li>• Is getting better at handwriting</li> </ul>		
<b>Cognitive Traits</b>	<ul style="list-style-type: none"> <li>• Uses pronouns, I, you, and me correctly</li> <li>• Uses some plurals and past tenses</li> <li>• Uses pronouns he and she</li> <li>• Knows at least three prepositions (usually in, on, under)</li> <li>• Knows and can point to major parts of the body</li> <li>• Easily handles three- to four-word sentences</li> <li>• Has a vocabulary of 900 to 1,000 words</li> <li>• Uses verbs more often</li> <li>• Understands most simple questions</li> <li>• Asks a lot of questions</li> <li>• Dresses self and needs help only with laces, buttons, and other fasteners</li> <li>• Feeds self without difficulty</li> <li>• Acts out social encounters through play activities</li> <li>• Fears imaginary things</li> <li>• Leaves out important facts when speaking</li> <li>• Draws primitive image of self (by age four)</li> </ul>	<ul style="list-style-type: none"> <li>• Knows names of familiar animals</li> <li>• Knows at least four prepositions or can demonstrate their meaning</li> <li>• Names common objects in picture books or magazines</li> <li>• Knows one or more colors</li> <li>• Can repeat four digits when they are given slowly</li> <li>• Can repeat four-syllable words</li> <li>• Learns and sings simple songs</li> <li>• Demonstrates difference between over and under</li> <li>• Is able to vocalize most vowels, diphthongs, and the consonants p, b, m, w</li> <li>• Repeats words, phrases, syllables, and even sounds</li> <li>• Has a vocabulary of more than 2,000 words</li> <li>• Easily composes sentences of five to six words</li> <li>• Is developing a sense of property</li> <li>• Can count to six</li> <li>• Understands concepts of longer and larger (for example) when the opposite is presented</li> </ul>	<ul style="list-style-type: none"> <li>• Can use many adjectives and adverbs spontaneously</li> <li>• Generally uses grammatically correct speech</li> <li>• Speaks intelligibly, in spite of articulation problems</li> <li>• Can express all vowels and consonants</li> <li>• Has a vocabulary over 2,100 words</li> <li>• Composes long sentences of eight to nine words and uses all parts of speech</li> <li>• Understands opposites (big-little, hard-soft, heavy-light)</li> <li>• Understands number concepts of four or more</li> <li>• Counts to ten</li> <li>• Defines common objects in terms of use (hat, show, chair)</li> <li>• Understands three consecutive commands without interruptions</li> <li>• Knows own age</li> <li>• Can identify coins</li> <li>• Understands concept of time (morning, noon, night, day, later, yesterday)</li> <li>• Properly names primary colors and possibly many more</li> <li>• Questions more deeply, addressing meaning and purpose</li> <li>• Responds to why questions</li> <li>• Accepts validity of other points of view (while possibly not understanding them)</li> <li>• Demonstrates increased mathematical skill</li> </ul>

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	Age 6	Age 7	Age 8
<b>Behavior/Emotional Traits</b>	<ul style="list-style-type: none"> <li>• Wants to be the first and best at everything</li> <li>• Considers fantasy as real</li> <li>• Is less focused on self and shows some concern for others</li> <li>• Is sensitive to others' opinions about himself or herself</li> <li>• Has a growing desire to be liked and accepted by friends</li> <li>• May become infatuated with teacher or playmate of the opposite sex</li> <li>• Develops positive, realistic self-concept</li> <li>• Learns to respect self</li> <li>• Begins to understand own uniqueness</li> <li>• Gains awareness of own feelings</li> <li>• Is learning to express feelings</li> <li>• Participates in groups</li> <li>• Begins to learn from mistakes</li> </ul>	<ul style="list-style-type: none"> <li>• Cares for self, room, and belongings</li> <li>• Takes responsibility for home chores</li> <li>• Has friendships with kids of same gender</li> <li>• Plays in larger groups occasionally, but wants time alone</li> <li>• Has a sense of humor and tells jokes</li> <li>• Is concerned about rules—good (fair) vs. bad (unfair)</li> <li>• Likes to belong to informal clubs formed by children</li> <li>• Draws moral distinctions based on internal judgment</li> <li>• Has a developed concept of self</li> <li>• Is self-critical; may express lack of confidence</li> <li>• Dislikes being singled out, even for praise</li> <li>• Builds relationships with others</li> <li>• Develops a sense of responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• Is impatient; finds waiting for special events torturous</li> <li>• Makes friends easily</li> <li>• Develops close friends of same sex</li> <li>• Is uncomfortable with peers of opposite sex</li> <li>• Wants to be part of a group</li> <li>• Is influenced by peer pressure</li> <li>• Acts impatient</li> <li>• Seeks immediate gratification</li> <li>• Creates friendships that are inclusive</li> <li>• Has a know-it-all attitude</li> <li>• Takes responsibility for actions</li> <li>• Actively seeks praise</li> <li>• May undertake more than can successfully handle</li> <li>• Is self-critical</li> <li>• Shows resiliency; bounces back from mistakes</li> <li>• Cooperates and works well in groups</li> <li>• Is highly social</li> <li>• Fears speaking in front of class</li> <li>• Is more likely to follow own rules</li> <li>• Exaggerates</li> </ul>
<b>Physical Traits</b>	<ul style="list-style-type: none"> <li>• Bounces a ball four to six times</li> <li>• Throws and catches a ball</li> <li>• Skates</li> <li>• Rides a bicycle</li> <li>• Ties shoelaces</li> <li>• Counts to a hundred</li> <li>• Prints first name</li> <li>• Prints a few letters</li> <li>• Knows right from left</li> <li>• Can draw a person with six body parts</li> <li>• Is learning specific sports skills like batting a ball or kicking a soccer ball</li> </ul>	<ul style="list-style-type: none"> <li>• Is becoming more coordinated in activities that use large muscles (swimming, climbing)</li> <li>• Uses scissors safely</li> <li>• Can draw a triangle</li> <li>• Draws a person with twelve body parts</li> <li>• Uses a pencil to write full names</li> <li>• Writes and draws with more skill</li> <li>• Loses four baby teeth</li> </ul>	<ul style="list-style-type: none"> <li>• Has quite refined finger control</li> <li>• Is learning cursive writing</li> <li>• Has increased stamina (can run and swim farther)</li> <li>• Organizes a group of objects in more than one way</li> <li>• Draws a diamond shape</li> <li>• Draws a person with sixteen features</li> <li>• Becomes increasingly interested and skilled in hobbies</li> </ul>

	Age 6	Age 7	Age 8
<b>Cognitive Traits</b>	<ul style="list-style-type: none"> <li>• Rapidly develops mental skills</li> <li>• Has great ability to describe experiences</li> <li>• Talks about thoughts and feelings</li> <li>• Masters the consonants <i>f, v, l</i></li> <li>• Properly pronounces two letters with one sound such as <i>sh</i> and <i>th</i></li> <li>• Speaks intelligibly and is socially meaningful</li> <li>• Can tell a complicated story</li> <li>• Understands relationships between objects and happenings</li> </ul>	<ul style="list-style-type: none"> <li>• Has a solid sense of time (seconds, minutes, hours, days, weeks, months, seasons, years)</li> <li>• Tells time to the quarter hour</li> <li>• Is showing preference for a learning style</li> <li>• Solves simple math problems using objects (such as counting beads)</li> <li>• Considers issues and problems, using one factor at a time</li> <li>• Pronounces words correctly (e.g., doesn't say <i>frough</i> for <i>through</i>)</li> <li>• Reads for pleasure</li> <li>• Shows improving reading skills, but sounding out vowels may still be difficult</li> <li>• Has difficulty with basic spelling</li> <li>• Performs at grade level in all subjects</li> <li>• Pronounces consonants <i>r, s, z</i>, voiceless <i>th, ch, wh</i>, and the soft <i>g</i> correctly</li> <li>• Handles opposites well (girl-boy), man-woman, stop-go), including concepts such as alike and different, beginning and end</li> <li>• Can write or print many words correctly</li> <li>• Uses language as a communication tool</li> <li>• Begins to reason and concentrate</li> </ul>	<ul style="list-style-type: none"> <li>• Can converse at almost an adult level</li> <li>• May read as a major interest</li> <li>• Seeks to understand the reasons for things</li> <li>• Begins to feel competent in skills</li> <li>• Has preference for some activities and subjects</li> <li>• Displays organized and logical thinking</li> <li>• Recognizes concept of reversibility (<math>4 + 2 = 6</math> and <math>6 - 2 = 4</math>)</li> <li>• Can relate involved accounts of events</li> <li>• Has lapses in grammatical constructions; tense, pronouns, plurals</li> <li>• Reads with considerable ease</li> <li>• Writes simple compositions</li> <li>• Uses social amenities in speech in appropriate situations</li> <li>• Knows how to count by twos and fives</li> <li>• Knows what day of the week it is but may not know full date and year</li> <li>• Completes simple single-digit addition and subtraction problems (<math>1 + 8</math>; <math>7 + 5</math>; <math>6 - 2</math>; <math>4 - 3</math>)</li> <li>• Has a black-and-white perspective much of the time</li> <li>• Explains ideas in detail</li> </ul>