






Developmental Milestones for School Age Children

Age	 Cognitive (learning, thinking, problem-solving)	 Social and emotional (skills with others)	 Physical development (movement and muscles)
5 years	<ul style="list-style-type: none"> • Counts 10 or more things • Can draw a person with at least 6 body parts • Can print some letters or numbers • Understands that stories have a beginning, middle, and end • Sorts objects by size 	<ul style="list-style-type: none"> • Wants to please friends • Likes pretend play with other children • Shows concern for others • Is aware of gender • Makes up games with simple rules • Has an understanding of right and wrong • Shows more independence 	<ul style="list-style-type: none"> • Uses a fork, spoon, and sometimes knife to eat • Skips and runs on tiptoe • Uses toilet on her own • May be able to skip • Jumps rope • May be able to tie shoelaces
6-8 years	<ul style="list-style-type: none"> • Rapid development of mental skills • Learns better ways to describe experiences • Enjoys planning and building • Longer attention span • Begins understanding of time • Begins learning difference between left and right 	<ul style="list-style-type: none"> • Less focus on self and more concern for others • Shows more independence from parents and family • Starts to think about future • Understands more about his/her place in the world • Interest in rules and rituals • Pays more attention to friends • Finds criticism or failure difficult to handle • Wants to be liked and accepted by friends • Girls want to play more with girls; boys with boys • Views things as black or white, right or wrong, wonderful or terrible, with little middle ground 	<ul style="list-style-type: none"> • Skilled at using scissors and small tools • Enjoys testing muscle strength and skills • Good sense of balance • Can copy designs, shapes, letters, and numbers

continued...



Age	 Cognitive (learning, thinking, problem-solving)	 Social and emotional (skills with others)	 Physical development (movement and muscles)
9-11 years	<ul style="list-style-type: none"> • More academic challenges at school • Increased attention span • Begins to see other points of view more clearly • Interested in reading fictional stories, magazines, and how-to project books • May develop special interest in collections or hobbies • May be interested in discussing a future career • Daydreams about the future 	<ul style="list-style-type: none"> • Forms stronger, more complex friendships and peer relationships • Emotionally important to have friends, especially of the same sex • Increased interest in competitive sports • Rituals, rules, secret codes, and made-up languages are common • Enjoys being member of a club • More independent from family • Outbursts of anger are less frequent • May belittle or defy adult authority • Experiences more peer pressure 	<ul style="list-style-type: none"> • Girls are generally as much as two years ahead of boys in physical maturity • Girls may begin to menstruate • Increased body strength and use of hands • Improved coordination and reaction time

References

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