

Child Development

4 to 5 Years Old

BY THE AGE OF 5 YEARS, A CHILD SHOULD.....

Fine Motor:

- Draw a triangle and square
- Use an “adult” three-finger grasp on pencil
- Draw picture of person with body, head, arms, and legs
- Cut out simple shapes with scissors (squares, triangles)
- Color mostly within the lines

Gross Motor:

- Gallop
- Pump a swing
- Stand on one foot for at least 5 seconds
- Hop on one foot

Self-Help:

- Button large buttons on clothing
- Dress self with help only for fasteners
- Zip a zipper

Social/Play Skills:

- Attend to a task without supervision for 10 minutes
- Play and take turns with another child
- Sit quietly and listen to stories
- Verbalize own feelings

If you have concerns about your child's development in any of these areas, he/she may benefit from an Occupational Therapy evaluation.