

Your Child's Developmental Milestones: AGES 3-5

A Resource Document



Babies learn and grow at their own pace however, developmental milestones show what most children (75%) can do by each age. You know your child best! If you have concerns about your child's development, talk to your child's doctor about a developmental screening. *This is not an exhaustive list.* Download CDC's free Milestone Tracker app (<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>) to see more milestones and learn about ways you can support your little one's growth and development.

<h3>3 Years</h3> 	<h3>4 Years</h3> 	<h3>5 Years</h3> 
<p>Social Emotional</p> <ul style="list-style-type: none"> <input type="checkbox"/> Calms down within 10 minutes after you leave like at childcare/school drop off <input type="checkbox"/> Notices other children and joins them to play 	<p>Social Emotional</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pretends to be something else during playtime like a teacher, superhero, or dog <input type="checkbox"/> Comforts others who are hurt or sad <input type="checkbox"/> Likes to be a "helper" 	<p>Social Emotional</p> <ul style="list-style-type: none"> <input type="checkbox"/> Follow rules or takes turns when playing games <input type="checkbox"/> Sings, dances, or acts for you <input type="checkbox"/> Does simple chores like matching socks or clearing the table after eating
<p>Language & Communication</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asks "who," "what," "where," or "why" questions <input type="checkbox"/> Says first name when asked <input type="checkbox"/> Talks well enough for others to understand most of the time 	<p>Language & Communication</p> <ul style="list-style-type: none"> <input type="checkbox"/> Says sentences with 4 or more words <input type="checkbox"/> Talks about at least one thing that happened during the day <input type="checkbox"/> Says some words from a song, story, or nursery rhyme 	<p>Language & Communication</p> <ul style="list-style-type: none"> <input type="checkbox"/> Answers simple questions about a book or story after they hear it <input type="checkbox"/> Uses or recognizes simple rhymes like bat-cat <input type="checkbox"/> Keeps a conversation going with more than 3 back and forth exchanges
<p>Cognitive (Learning, thinking, problem solving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Draws a circle when you show them how <input type="checkbox"/> Avoids touching hot objects, like a stove, when you warn them 	<p>Cognitive (Learning, thinking, problem solving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knows some colors <input type="checkbox"/> Tells what comes next in a well-known story <input type="checkbox"/> Draws a person with 3 or more body parts 	<p>Cognitive (Learning, thinking, problem solving)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Counts to 10 <input type="checkbox"/> Writes some letters in their name <input type="checkbox"/> Names some letters and numbers when you point to them
<p>Physical</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strings items like large beads or macaroni together <input type="checkbox"/> Uses a fork <input type="checkbox"/> Puts on some clothes by themselves like pants or jacket 	<p>Physical</p> <ul style="list-style-type: none"> <input type="checkbox"/> Catches a large ball most of the time <input type="checkbox"/> Serves self or pours with supervision <input type="checkbox"/> Hold crayon or pencil between fingers and thumb (not a fist) 	<p>Physical</p> <ul style="list-style-type: none"> <input type="checkbox"/> Buttons some buttons <input type="checkbox"/> Hops on one foot

The contents of this document were excerpted from the Center for Disease Control (CDC's) **Learn the Signs. Act Early.** Developmental Milestones checklists and are not a substitute for developmental screening tools.

**Milestones were updated in February 2022 and reflect what 75% of children can do by each age; the previous milestone checklists showed what 50% of children could do by each age.*

