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5 Year Visit

At this developmental stage your child has enjoyed the bounty of the imagination experienced at 4 years of age. Through the playfulness of a 4-year-old there has been an opening to new ideas, trying on new adventures and all types of experiences through the world of imagination. There has also been an understanding of the viewpoint of someone other than themselves. At 3-4 years the concept of another is introduced, friends are realized. At the developmental gate of a 5-year-old there is, of course, a persistent love of play, however these kids are now able to let go of emersion in make-believe and accept what is real and what is pretend. There should be a clear understanding of this and many 5-year-olds become the voice of reason, being the enforcer of the truth.

Furthering the understanding of social engagement, children at this age become somewhat sensitive to the ideas and voice of another and so you could see them bond with friends in a way that seems too close at times. You may see they are so enamored of their friends that they want to become that person to some extent. Realize this is also a phase. Let them have play dates and time to see life from another's perspective. When talking to this age child, present situations from several viewpoints as this is another facet of the need to see a broader perspective.

Skills likely to be mastered include:

Speaking in easy to understand manner. Recounts their day.

Toilet trained in the day. Some kids will still struggle with night wetting.

Able to hold attention through a story book.

Copies shapes. Draws a person with at least 5 body parts.

Uses verb tenses. Counts to 10. Identifies several colors.

Children at this age are more likely to go along with rules or the viewpoint of an adult. If your child is struggling with friendships or with socialization or with authority figures then please bring this to my attention.

Enjoy, Call for concerns or questions.

Suzy Holbrook, M.D.