



Every child blooms at their own pace

Milestone Tracker: 5 Years

Movement/Physical Development Milestones

- Can button some buttons
 Yes Not Yet In Progress
- Can hop on one foot
 Yes Not Yet In Progress

Cognitive Milestones (learning, thinking, problem-solving)

- Can count to 10
 Yes Not Yet In Progress
- Can name some numbers between 1 and 5 when you point to them
 Yes Not Yet In Progress
- Can use words about time like “yesterday”, “tomorrow”, “morning”, or “night”
 Yes Not Yet In Progress
- Can pay attention for 5 to 10 minutes during activities
 Yes Not Yet In Progress
- Can write some letters in her name
 Yes Not Yet In Progress

Language/Communication Milestones

- Can keep a conversation going with more than three back and forth exchanges
 Yes Not Yet In Progress
- Can recognize or use simple rhymes
 Yes Not Yet In Progress
- Can tell a story she heard or made up with at least two events. For example a cat was stuck in a tree and someone came and saved it.
 Yes Not Yet In Progress
- Can answer simple questions about a story after you tell it him
 Yes Not Yet In Progress

Social/Emotional Milestones

- Can follow rules or take turns when playing with other children
 Yes Not Yet In Progress
- Can sing, dance or act for you
 Yes Not Yet In Progress
- Can do simple chores at home
 Yes Not Yet In Progress

Parent Reflection Section

My Observations & Notes:

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My Child's Brightest Moments This Month:

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This developmental milestone tracker is intended for general informational and educational purposes only. It is not a substitute for a validated screening or diagnostic tool, nor does it replace professional medical advice, diagnosis, or treatment. Every child develops at their own pace, and variations can be normal. If you have any concerns about your child's development, please consult your pediatrician or a qualified healthcare provider.

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