



Milestones Matter

Your Child at 5 Years

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Children Do by 5 Years

Social/Emotional

- Want to please and be like friends
- Are more likely to agree with rules
- Like to sing, dance and act
- Are aware of gender
- Can tell what's real and what's make-believe
- Show more independence
- Are sometimes demanding and sometimes cooperative

Hearing/Language

- Speak very clearly
- Tell a simple story using full sentences
- Use future tense
- Say name and address
- Understand most of what they hear at home and school

Cognitive (learning, thinking, problem-solving)

- Count 10 or more things
- Draw a person with at least six body parts
- Print some letters or numbers
- Copy a triangle and other geometric shapes
- Know about things used every day like money

Movement/Physical Development

- Stand on one foot for 10 seconds
- Hop; may be able to skip
- Use a fork, spoon and sometimes a table knife
- Use the toilet on their own
- Swing and climb

You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Doesn't show a wide range of emotions
- Shows extreme behavior
- Is unusually withdrawn and inactive
- Is easily distracted
- Doesn't respond to people
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly
- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands or get undressed
- Loses skills he once had

You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your child.

- Continue to arrange play dates
- Talk to him about safe touch
- Teach your child her address and phone number
- Encourage him to "read" by looking at the pictures
- Teach her time concepts
- Encourage her to create art projects
- Teach him how to pump his legs on a swing

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation. You can also sign up for a free online hearing and language screening with a speech-language pathologist from Boys Town National Research Hospital at <http://bit.ly/hearing-language-screening> or by calling (531) 355-5610. The screening will let you know if more hearing or language testing is needed for your child.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Bellevue Public Schools
402-293-4000

Gretna Public Schools
402-332-3265

Bennington Public Schools
402-238-3044

Millard Public Schools
402-715-8302

DC West Community Schools
402-359-2583

Northwest Area Educational Agency
712-222-6050

Elkhorn Public Schools
402-289-2579 ext. 11000

Omaha Public Schools
531-299-0242

Fremont Public Schools
402-727-3084

Papillion-La Vista Community Schools
402-514-3243

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Westside Community Schools
402-390-2100

