BABY NEWT · PEDIATRIC DEVELOPMENT CHECKLIST

Child's Name: _____

5-Year-Old Preschooler Developmental Milestones

Date / Age: _____

Clinical Standard (AAP & CDC): Benchmarks reflect what 75%+ of children demonstrate at 5 Years (Kindergarten Readiness). Bring this checklist to your child's 5 Years (Kindergarten Readiness) well-child pediatric examination.

1. Social & Emotional Connection

[ ] Wants to please friends and follow established rules in group games.

[ ] Shows high independence in personal hygiene, dressing, and eating.

[ ] Clearly distinguishes between real life and make-believe/fantasy.

[ ] Cooperates warmly with peers, resolves minor conflicts verbally.

2. Language & Auditory Response

[ ] Speaks very clearly using complex compound sentences with future tense.

[ ] Tells detailed stories with beginning, middle, and end structure.

[ ] Recites full name, address, and family members' names.

[ ] Understands prepositions (behind, next to, under) and antonyms (fast/slow).

3. Cognitive & Sensory Exploration

[ ] Counts 10 or more objects accurately.

[ ] Correctly names at least 4 to 6 colors and recognizes some printed letters/numbers.

[ ] Draws a person with 6 or more recognizable body parts (arms, legs, eyes, mouth).

[ ] Copies triangles, squares, and other geometric shapes with a pencil.

[ ] Understands everyday concepts of time (morning, afternoon, days of week).

4. Movement & Physical Motor Skills

[ ] Stands and balances on one foot for 10 seconds or longer.

[ ] Hops, skips smoothly, and may perform a somersault.

[ ] Uses a fork and spoon proficiently and uses a table knife to spread.

[ ] Uses the bathroom completely independently (wiping, flushing, washing hands).

■■ **When to Check with Your Pediatrician:** Shows extreme aggression, fear, or persistent withdrawal · Easily distracted (unable to focus for 5 minutes) · Cannot tell the difference between fantasy and reality · Cannot draw a person with body parts · Loses previously mastered skills.

Questions for Pediatrician & 5 Years (Kindergarten Readiness) Checkup Notes:

Weight: _____ Height: _____ Head Circ: _____

Questions & Milestones to Discuss: _____

_____

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