

## THINKING

- Shows the ability to identify right from left, and right from wrong.
  - Begins to understand time and days of the week.
  - Increases problem solving ability.
  - Shows strong interest in reading.
  - Sees things from another child's point of view.
  - Seeks a sense of security in groups, organized play and clubs.
  - Has difficulty in making choices.
  - Develops reasoning skills.
- Uses more complex language to express her understanding.
  - Uses physical imaginative and cognitive resources to comfort self.
  - Enjoys interacting with other children.
  - May be hurt by criticism, blame or punishment.

## SOCIAL AND EMOTIONAL

- Have feelings about how she grows and look: boys tend to be sensitive about being too short, girls – being overweight.
- Continues to expand her circle of trusted adults.
- Enjoys imaginative play with other children like dress up or house.
- Bring dramatic play closer to reality by paying attention to detail, time and space.
- Gains self-esteem from feeling capable and demonstrating new skills.



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**TIPS ON CHILDREN'S  
DEVELOPMENTAL  
MILESTONES**

**5 Years to 8 Years**

Child development is a process every child goes through. This process involves learning and mastering skills like sitting, walking, skipping, and tying shoes. Children learn these skills, called developmental milestones, during predictable time periods. From kindergarten through high school, youth pass through four development stages. Specialist often identify these periods as:

- Infancy and Toddler: Ages 0-2
- Pre-Schooler: ages 3-4
- Early Childhood: ages 5-8
- Middle Childhood: Ages 9-11
- Early Adolescence: Ages 12-14
- Middle Adolescence: Ages 15-18

The four main areas of developmental milestones where children's skills are measured are:

1. Physical
2. Social and Emotions
3. Thinking
4. Communication.

Although children differ in the rate at which they develop, the order of the stages does not vary. While it is extremely important to remember that every child is unique and special in his or her own right, some needs and interests are

universal to all children to ensure successful development.

For example:

- Children need to experience a positive self concept.
- Children need to experience success in what they attempt to do.
- Children need to become increasingly independent.
- Children need to give and receive attention.
- Children need to experience adventure.
- Children need to be accepted by people of different ages- peers as well as those in authority.

These needs continue from infancy through old age. Other needs vary for different children and different ages. Children develop at their own pace, and all characteristics will not be observed in all children at the same age or at the same stage of development. Keep in mind the following two basic developmental principles.

1. Age is not a perfect predictor of maturity. Most children go through predictable order, but ages at which they do this will vary enormously. An activity that is well within the capability of one child may be much too difficult for another child exactly the same age.

2. Growth may proceed at different rate in various developmental areas within an individual child. A child who is advanced physically may be average in terms of mental ability and below average in terms of emotional and social growth. A child may need different experiences in each of these areas to reach his or her full potential.

### **PHYSICAL**

- Grow from grade-schooler to preteen.
- Wide range of "normal" regarding height, weight, and shape.
- Skilled at using small tools.
- Gain weight faster around 8 years old.
- Enjoys testing muscle strength and skills.
- Able to balance himself on one foot for 10 seconds.
- Develops hand-eye coordination.
- Stamina increases.

### **COMMUNICATION**

- Can converse at an adult level.
- Very interested in reading.
- Understands that letters represents the sounds that form words.

- Provides a strategy to decode unfamiliar words.
- Learns to read with fluency, accuracy and understanding.
- Able to write stories, notes and descriptions.
- May have difficulty with attention or follow complex directions.
- Should be able to engage in narrative discourse and share ideas and opinion in clear speech.
- Learns to know the difference between two objects.