

Grow and Learn

4-5 years

Did you know?

Between 4-5 years children:

- Can stand on one leg and do a few hops
- Can catch a tennis ball
- Can go to the toilet on their own
- Talk in adult-like sentences
- Talk clearly all of the time
- Understand most instructions and questions (e.g. "what will happen next?")
- Can count to 10 and know most colours and shapes
- Can hold a pencil with fingers and thumb, and draw a person
- Are able to feed themselves



What can you do to help?

- Say words and sentences back the right way (e.g. Child: "Him dot tat". Dad: "He's got a cat")
- Do puzzles and draw with pencils together
- Count things together, and talk about colours
- Play hopping games, e.g. hopscotch
- Offer your child different foods including: fresh fruit, vegetables, meat, bread, cereal and milk



Delivering a Healthy WA



Government of Western Australia
Department of Health
WA Country Health Service

Check On Me!

Does your 5 year old:

- r Hold a pencil with their thumb and fingers
- r Stand on one leg for a few seconds
- r Hop a few hops
- r Dress and feed themselves
- r Talk clearly most of the time
- r Understand most instructions and questions
- r Talk in sentences of five words or more (e.g. "I want to go outside")
- r Grow and gain weight



If your child does not do ALL of these, then they may need a FREE check-up.

Fill out a "Child Development Services Referral" form or talk to your:

- o Community Health Nurse:
- o Child Development Worker:
- o Aboriginal Health Worker:

Helping kids early in life gives them the best chance - so get help early for your child!



Delivering a Healthy WA

