

# Growth and development of a 5-year-old child

## 5-vuotiaan lapsen kasvu ja kehitys (englanti)



At the age of five, a child is independent and skilled in many areas. Their speech is usually clear, and they are often interested in letters and numbers. They think about different topics and phenomena, and their questions can be surprisingly deep. You can reflect on things together with the child and search for information, for example, from books.

A child's mood can change easily, and their self-confidence may waver. It is important for the parent to encourage the child and recognize their strengths. The child also needs care and affection.

### **Daily rhythm and rest**

Daily routines increase a child's sense of security. A regular eating schedule and a varied diet support the child's healthy growth and development. Shared family mealtimes help to support the child's eating habits. The child follows the example of other family members. Parents decide what and when the family eats. The child can decide how much to eat.

It is important for a child to get enough sleep and rest. When a child sleeps enough, learning new things is easier and the child is in a good mood. The need for sleep varies from child to child. Most of 5-year-olds sleep about 10–13 hours in a 24-hour period. A five-year-old usually no longer takes naps during the day, but a daily rest time is still important.

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## Oral health

A child's first baby teeth usually start to fall out between the ages of 5 and 6. They are replaced by permanent teeth. It is important to take good care of oral health. A parent should brush the child's teeth in the morning and evening using a fluoride toothpaste suitable for the child's age. Healthy eating habits also support the wellbeing of the teeth and mouth.

## Independence

Encourage the child's independence. The child is able to dress up most clothes independently. The child can go to the toilet independently. A five-year-old may still occasionally wet the bed at night.



## Physical activity and hand skills

Daily outdoor time and physical activity are important for a child's health and well-being. Physical activities and being outside also help the child sleep better.

A child should be active for a total of three hours every day. Physical activity means active play, for example, in the yard or at the playground. Forest trips and obstacle courses in the living room are also examples of ways a child can move.

A five-year-old usually has good control over their body movements. Many children at this age enjoy active play. They can start practicing skills like cycling, skiing, or swimming. Fine motor skills are also developing. Children often enjoy activities like crafts or baking. They are able to draw detailed pictures, and many five-year-olds can write their own name.



## Screen time

Preschool children should have no more than one hour of screen time per day. Too much screen time can cause restlessness, irritability, and difficulties to concentrate. It can also disturb the child's sleep.

Familiarize yourself with videos and games that are appropriate for the child's age. Help the child find other activities and games to do as well.



## Social skills

A five-year-old often enjoys the company of other children and adults. Children are individuals, and some may be shy or cautious. It is important for adults to encourage and support the child in forming friendships. Through interactions with other children, the child learns to take turns, share, and consider the feelings of others.





**Euroopan unionin  
osarahoitama**

## **Niitty 2 Project 2023–2026**

Working together with immigrant  
families for a better everyday life

More information about the project:

<https://projects.tuni.fi/niitty2/>

Family Info Material Portal:  
[tuni.fi/perheinfo](https://tuni.fi/perheinfo)

### **Sources and further information:**

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