



## YOUR CHILD'S DEVELOPMENTAL MILESTONES

Age: About 4 years

### Motor Skills

- Hops and stands on one foot for a few seconds.
- Catches a bounced ball much of the time.
- Tries to write name.
- Draws a face.
- Tries to cut paper with blunt scissors.
- Attempts to button, buckle and snap but usually needs help.
- Dresses and undresses doll in clothing with large zippers, snaps, and laces.
- Brushes teeth with help.
- Pours from a small pitcher.
- Can get himself started when on a swing and may be able to keep it moving.
- Tries to skip.
- Strings large objects.
- Begins to copy some letters.

### Cognitive Skills

- Recognizes some colors.
- Wants to know what will happen next.
- Distinguishes between what is real and what is imaginary.
- Follow instructions with up to three commands (put the toys away, wash your hands, and get your coat).
- Identifies situations that could lead to happiness, sadness and anger.
- Colors with crayons or chalk.
- Counts up to five objects.
- Understands taking turns and may do so without being reminded.
- Understands "big," "little," "short," "tall".
- Can sort objects by shape or color.

### Social Skills and Language

- Speaks clearly enough for strangers to understand.
- Has a large vocabulary and speaks in sentences of five or more words.
- Tells stories.
- Often prefers playing with other children.
- Wants explanations of "why" and "how".
- Changes the rules of play as he goes along.
- Likes to play "dress up."
- Separates from parent for short periods without crying.
- Beginning to master some basic rules of grammar (past tense, plurals).
- Shares when asked.
- Enjoys playing games like tag, hide and go seek, and duck duck goose.
- Likes to do things for themselves.

### Red Flags

If by 4 years of age you have noticed any of the following signs, discuss them with your pediatrician or nurse practitioner. Although all children mature at different rates, failure to reach certain milestones *could* indicate a developmental problem requiring special attention

- Your child exhibits extremely fearful behavior
- Your child exhibits extremely aggressive behavior
- Your child has extreme difficulty separating from parents
- Your child seems unhappy or sad most of the time
- Your child cannot build a tower of at least 6-8 blocks