

4 Years

Guide to Developmental Milestones



Social Emotional Development/Behavior

- Regulates fears and anxieties
- May experience jealousy and rivalry
- Social competence (understands world and others)
- Social acceptance – Winning approval by mastering tasks, while taking pleasure in success
- Problem solving
- Constructs narratives (begins to make up and tell stories)
- Enjoys fantasy play; displays more elaborate play schemes
- Able to verbalize attachment needs, ie: “I need a hug.”
- Begins to tolerate longer periods away from parent
- Regresses to baby behavior periodically
- Enjoys being silly
- Is ready for group activities
- Continues to test parental limits
- Insists on finishing an activity or project
- Preschooler is mastering new skills and feeling productive
- Still views things from their own point of view, own opinions, wishes and desires



Gross Motor Skills

- Able to complete 3-4 full sit-ups in 30 seconds
- Throws a ball 10 feet with directional intent
- Jumps up 3 inches off the ground
- Performs a somersault
- Jumps and turns 180 degrees with feet together
- Stands on one foot for 10 seconds
- Walks backwards on a 4 inch wide beam
- Gallops
- Skips 8-10 steps
- Jumps side to side across a line continuously 3 cycles
- Jumps forward 36 inches



Fine Motor Skills

- Makes designs and draws recognizable objects
- Copies a cross and square when drawing
- Cuts simple shapes such as a circle, and square
- Traces a line
- Connects dots by drawing a straight line
- Completes 10 piece puzzles
- Draws simple people – may initially be stick figures
- Interested in attempting to make letters
- Can form a ball with clay or play dough

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Self-help

- Puts on socks correctly
- Dries self after bath
- Brushes his/her own hair
- Attempts to wipe self after toileting
- Buckles belts or shoes



Sensory

- Continues to show an interest in a wide variety of playground equipment
- Continues to explore new movement activities
- Frequently watches another child try an activity before attempting the activity



Speech, Language, and Hearing

- 80% intelligible to a stranger
- Emerging consonants include p, b, t, d, m, n, w, h, k, g, f, y
- Easily uses sentences of 5 or more words
- Asks “who” and “why” questions
- Begins to understand concept of time (yesterday, tomorrow)
- Uses past tense correctly
- Can understand and retell a simple story
- Follows 3-4 step commands



Oral Motor and Feeding

- Feeding skills should resemble an adult's



All children develop at their own pace, but you can use this guide to help you know what to look for along the way. If you have any questions or concerns regarding your infant's/child's development, please contact **Milestones For Kids' Success** at **630.792.1800** for a FREE developmental screening.

Disclaimer: This content was created by Milestones For Kids' Success and represents research available as of 10/2007. The information is intended to inform and educate. It is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.

