



DEVELOPMENTAL MILESTONES: 4-year-olds

The time between four and five years is crucial for learning as your child absorbs and processes new information with the challenges of preschool. Suddenly simple actions have lasting effects and habits. It is important to monitor a growing child's progress in achieving new skills to detect any delays early. Enjoy this year as your four-year-old creates and controls more and more in the areas of cognitive, fine motor, gross motor, language, self-care, and social/emotional skills.

Cognitive

- Identifies letters and numbers
- Imitates 5 to 6-piece block designs
- Starts to develop logical thinking
- Recognizes patterns among objects
- Assembles 12-piece puzzles easily

Fine Motor

- Copies a smiley face
- Holds pencil with mature grasp
- Cuts out 3" shapes along lines
- Forms diagonal lines
- Draws basic shapes and some letters

Gross Motor

- Hops forward on one foot, then on other foot
- Runs and stops without falling
- Stands on tiptoes with hands overhead
- Tosses a small ball underhand 10 feet
- Walks backwards along a straight line

Language

- Understands difference between real and fantasy
- Starts to develop logical thinking
- Speaks in complex sentences
- Understands number, space, and time concepts but not duration of time

Self-care/Activities of Daily Living

- Places belt through loops of pants
- Dresses self including fasteners
- Uses utensils skillfully
- Brushes teeth; Combs hair
- Demonstrates emerging skills for shoelace tying

Social/Emotional

- Expresses anger verbally rather than physically
- Takes turns, shares, and cooperates
- Understands concept of lying
- Enjoys pretending and can have a vivid imagination