

Your Child at 4 Years



G

Child's Name

Child's Age

10/6/20

Today's Date

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 4. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- ☒ Enjoys doing new things
- ☐ Plays "Mom" and "Dad"
- ☐ Is more and more creative with make-believe play
- ☐ Would rather play with other children than by himself
- ☒ Cooperates with other children
- ☒ Often can't tell what's real and what's make-believe *he can tell*
- ☒ Talks about what she likes and what she is interested in

Language/Communication

- ☒ Knows some basic rules of grammar, such as correctly using "he" and "she"
- ☒ Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- ☒ Tells stories
- ☒ Can say first and last name

Cognitive (learning, thinking, problem-solving)

- ☒ Names some colors and some numbers
- ☒ Understands the idea of counting
- ☒ Starts to understand time
- ☒ Remembers parts of a story
- ☐ Understands the idea of "same" and "different"
- ☒ Draws a person with 2 to 4 body parts
- ☒ Uses scissors
- ☒ Starts to copy some capital letters
- ☐ Plays board or card games
- ☒ Tells you what he thinks is going to happen next in a book

Movement/Physical Development

- ☒ Hops and stands on one foot up to 2 seconds

- ☒ Catches a bounced ball most of the time
- ☒ Pours, cuts with supervision, and mashes own food

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- ☐ Is missing milestones
- ☐ Can't jump in place
- ☐ Has trouble scribbling
- ☐ Shows no interest in interactive games or make-believe
- ☐ Ignores other children or doesn't respond to people outside the family
- ☐ Resists dressing, sleeping, and using the toilet
- ☐ Can't retell a favorite story
- ☐ Doesn't follow 3-part commands
- ☐ Doesn't understand "same" and "different"
- ☐ Doesn't use "me" and "you" correctly
- ☐ Speaks unclearly
- ☐ Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.

Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)

Learn the Signs. Act Early.



**Download CDC's
Milestone Tracker App**



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J [REDACTED]
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Developmental Milestones Assessment

Case Study 1

Classroom: Zkela

Children: 8

Adults: 2

Age group: 3 ½ - 4

Classroom Environment:

- Strict on rules
- Mostly learning through play
- Practicing making independent choices

G [REDACTED] (4)

- Male
- 2 parents, same household, 1 older sibling
- Healthy, very shy, recently opening up more to other children
- No behavioral issues
- Teacher will encourage talking
- Shy in the morning and does not want to get out of the car, wants to be held on the way to the classroom

J [REDACTED] (4)

- Male
- 2 parents, same household, 1 younger sibling
- Healthy, some behavioral issues, has an attitude with teachers, mostly plays well with others, does not like to have teeth or hair brushed
- Teachers will redirect misbehavior
- Usually in a good mood to come to school, sometimes pouts and cries when he doesn't get his way

Zkela

Classroom Schedule

7:30-8:30	Arrival/Self-Selected Activities
8:30-9:00	Wash hands/Breakfast (Optional) Self Selected Activities (Your child must be at school by 8:50 to eat breakfast.)
8:45	Bathroom
8:55	5 minute warning
9:00	Clean-up
9:05-9:20	Group Time (Listen to a book, Sing, Review Word/Letter of the week, and etc.)
9:20-10:10	Self-Selected Activities (Activity of the Day)
10:05	5 minute warning
10:10	Clean-up
10:15-11:10	Outside
11:15-11:30	Group 2 (Color, Shape, Number and Nursery Rhyme)
11:30-12:00	Wash Hands/Lunch
12:00 -12:15	Bathroom
12:15-2:15	Naptime
2:15	Bathroom
2:30	Snack
2:45	Music and Movement
3:00	Self Selected Activities
3:50	5 minute warning
3:55	Clean-up
4:00-5:00	Outside
5:00- 5:30	Self Selected Activities/Departure