4 Year Developmental Guide

Physical

- ☐ walks backward toe-heel
- ☐ jumps forward 10 times without falling
- ☐ walks up and down stairs, alternating feet, without support
- ☐ turns somersaults
- ☐ moves forward and backward with agility
- ☐ catches bounced ball most of the time
- ☐ hops and stands on one foot up to 10 seconds
- ☐ catches a ball in hands only
- ☐ begins to skip

Drawing & Cutting

- ☐ continuously cuts on line
- ☐ copies triangle and other geometric patterns
- ☐ prints and copies some capital letters
- ☐ draws a person with 2-4 body parts
- ☐ prints some letters

Personal Care

- ☐ dresses and undresses independently
- ☐ uses zippers, buttons, and snaps
- ☐ uses fork and spoon
- ☐ cares for own toilet needs
- ☐ brushes teeth

Speech

- ☐ 100% understandable by strangers
- ☐ uses past, present, and future tense
- ☐ vocabulary of about 1500 words
- ☐ has mastered some basic rules of grammar
- ☐ speaks in sentences of 5-6 words
- ☐ tells longer stories

Sensory & Thinking Skills

- ☐ approaches problems from a single point of view
- ☐ begins to have a clearer sense of time
- ☐ follows 3-part commands
- ☐ interested in new experiences
- ☐ cooperates with other children, wants to please
- ☐ plays "Mom" or "Dad"
- ☐ increasingly inventive in fantasy play
- ☐ more independent

Cognitive

- ☐ count 10 or more objects
- ☐ correctly names basic colors
- ☐ tells what comes next in well-known story
- ☐ understand "same" and "different"
- ☐ plays board or card games

Be Watchful for...

- ☐ cannot throw a ball overhand
- ☐ unable to jump in place
- ☐ cannot ride a tricycle
- ☐ unable to grasp crayon between thumb and fingers
- ☐ cannot stack 4 blocks
- ☐ clings or cries whenever parents leave
- ☐ shows no interest in interactive games
- ☐ doesn't express wide range of emotions
- ☐ doesn't respond to people outside the family
- ☐ doesn't engage in fantasy play
- ☐ resists dressing, sleeping, using the toilet
- ☐ lashes out without self-control when angry or upset
- ☐ avoids or seems aloof with children and adults
- ☐ doesn't use sentences of more than 3 words
- ☐ unable to use "me" and "you" appropriately

Guide only. Seek professional assitance.

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