## Your Child at 4 Years

Child's Name Child's Age 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.

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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
☐ 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
<ul> <li>Understands the idea of counting</li> </ul>
☐ 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

### Pours, cuts with supervision, and mashes own food

Catches a bounced ball most of the time

## 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!





Movement/Physical Development

☐ Hops and stands on one foot up to 2 seconds

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

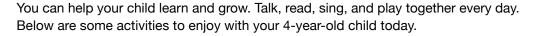


Download CDC's Milestone Tracker App





# Help Your Child Learn and Grow





#### What You Can Do for Your 4-Year-Old:

Milestones adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool.



