

Your Child at 4 years

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 4-year-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your child's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your child gets the support that they need to grow and thrive.



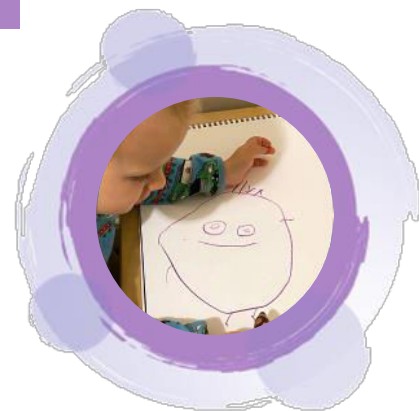
Growth and Movement Milestones

- Runs, jumps, hops, skips around obstacles with ease
- Climbs and jumps off things
- Catches, bounces, and throws a ball
- Walks a straight line
- Can pedal and steer a tricycle
- Can unzip, unsnap, and unbutton clothes
- Uses a fork and spoon skillfully
- Can feed self, brush teeth, comb hair, wash hands and dress self
- Can lace shoes, but not tie
- Threads small beads on a string
- Stacks 10 or more blocks
- Forms shape and objects out of clay
- Hold crayon with thumb and 2 fingers (not a fist)



Cognitive and Language Milestones

- Can arrange objects in order of size
- Counts 1-7 objects out loud, but not always in right order
- Names 6-8 colors and 3 shapes
- Knows concepts such as biggest, smallest, on, in, over, under
- Learns name, address, and phone #
- Understands today, tomorrow, and yesterday, but does not understand calendar time
- Carries on elaborate conversations
- Uses complex sentences
- Beginning to recognize letters
- May start adding "ed" to the end of words. "I put-ed the toy away," "He hurt-ed me".
- Adapts language to the level of the listener. For mom: "Dad went to the store to get food." For baby sister, "Daddy went bye-bye."



Social and Emotional Milestones

- Persistently asks "Why"
- Beginning to understand danger
- Has difficulty separating make-believe from reality. May believe in monsters.
- Lies to protect friends and self, but does not understand concept of lying
- Brags or shows off - especially about possessions
- Expresses anger verbally rather than physically
- More elaborate make-believe. Starts playing firehouse, superhero, store, etc.
- Calls people names, tattles
- Takes turns, but may be bossy



All for Kids Home Health





Activities & Toys for 4-Year-Olds

Engaging in age-appropriate activities with a 4-year-old can be a delightful and rewarding experience. At this stage, physical, cognitive, and social skills are becoming more refined. Kids thrive on exploration, creativity, and interaction. Here are a few activity and toy recommendations for this age group:

Activities:

- Help your child be ready for new experiences by engaging in pretend play. Act out Dr. office visits or trips to the store.
- Provide puzzles, blocks, markers, scissors, and play dough to support finger coordination skills.
- Read aloud and ask your child questions like, "What do you think will happen next?"
- Set up obstacle courses for your child to climb, jump, crawl, and balance. This not only helps improve strength, but also helps improve problem solving skills.
- Practice using the telephone and reciting phone number and address.
- Talk about the relationship of objects to one another (over, under, on top, behind).
- Improve communication skills with back-and-forth conversations.
- Practice nursery rhymes and songs together.
- Encourage pretend play activities. Provide props such as dress up clothes, playhouses, pretend kitchens, pots & pans, etc.
- Strengthen social skills by playing turn taking games and by sharing.
- Continue to provide opportunities for play dates with peers.

Toys:

- Matching games, 12-15 piece puzzles
- Board games, dominos, puppets, dolls with clothes, trucks and cars, balls
- Pretend play items such as cash register, shopping cart with food, etc.
- Bicycle with training wheels
- Glue, crayons, paint, scissors, chalk, play dough