



4 to 5 years

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My child's height _____ weight _____ % _____

What are some of the developmental milestones my child should reach by four to five years of age?

Before you know it, the somewhat calm child of three becomes a dynamo of energy, drive, bossiness, belligerence, and generally out-of-bounds behavior. You may be reminded of the earlier trials and tribulations you went through when he was two. Also obvious during this time is the tremendous spurt of imaginative ideas that spring from children's minds and mouths. All of this behavior and thinking will help your youngster build a secure foundation as he emerges into the world of kindergarten.

Here are some other milestones to look for.

Movement milestones

- Stands on one foot for ten seconds or longer
- Hops, somersaults
- Swings, climbs
- May be able to skip

Milestones in hand and finger skills

- Copies triangle and other geometric patterns
- Draws person with body
- Prints some letters
- Dresses and undresses without assistance
- Uses fork, spoon, and (sometimes) a table knife
- Usually cares for own toilet needs

Language milestones

- Recalls part of a story
- Speaks sentences of more than five words
- Uses future tense
- Tells longer stories
- Says name and address

Cognitive milestones

- Can count ten or more objects
- Correctly names at least four colors

- Approaches problems from a single point of view
- Begins to have a clearer sense of time
- Follows three-part commands
- Recalls parts of a story
- Understands the concept of same/different
- Engages in fantasy play

Social and emotional milestones

- Interested in new experiences
- Cooperates with other children
- Plays "Mom" or "Dad"
- Increasingly inventive in fantasy play
- Dresses and undresses
- Negotiates solutions to conflicts
- More independent
- Imagines that many unfamiliar images may be "monsters"
- Views self as a whole person involving body, mind, and feelings
- Often cannot distinguish between fantasy and reality

Developmental health watch

Because each child develops in his own particular manner, it's impossible to tell exactly when or how he'll perfect a given skill. The developmental milestones listed in this book will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if his development takes a slightly different course. Alert your pediatrician, however, if your child displays any of the following signs of possible developmental delay for this age range.

- Cannot throw a ball overhand
- Cannot jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot stack four blocks
- Still clings or cries whenever his parents leave him
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset
- Cannot copy a circle
- Doesn't use sentences of more than three words
- Doesn't use "me" and "you" appropriately

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