

## *Developmental Milestones*

### *Age 4*

#### **Language:**

- Uses a 1,500 word vocabulary; speaks in relatively complex sentences ('Mommy opened the door and the dog ran out.')
- Understands words that relate one idea to another – if, why, when
- Expansive; enjoys using big words, trying out language
- Bathroom language evident, as well as other 'swears'
- *Very* talkative; likes to explain... 'and you know what?...'
- Loves being read to

#### **Intellectual:**

- Continues to learn through experience and the senses
- Understands mostly the difference between fantasy and reality
- Understands number and space concepts – more, less, bigger, in, under, behind
- Thinks literally; starting to develop logical thinking
- Begins to grasp that pictures and symbols can represent real objects
- Starts to recognize patterns among objects – round things, soft things, animals
- Grasps the concepts of past, present, and future but does not understand the duration of time

#### **Social-Emotional:**

- Takes turns, shares, and cooperates
- Expresses anger verbally rather than physically
- Can feel jealousy
- May sometimes lie to protect herself, but understands the concept of lying
- Enjoys pretending and has a vivid imagination
- Can make decisions base on interest; not overly dependent on adults, though obviously requiring their guidance
- Like responsibility of a 'big person' job (setting the table, folding the clothes, putting out the snack)
- Older fours sometimes fearful, worried; nightmares

**Motor:**

- Vision in the far field, on the horizon
- Running is more controlled; can start, stop, and turn
- Turns somersaults; hops on one foot; gallops
- Can easily catch, throw, and bounce a ball
- Can brush teeth, comb hair, wash, and dress with little assistance
- Copies crosses and squares
- Prints some letters
- Uses table utensils skillfully
- Cuts on a line

**Tips for Parenting 4 Year-Olds**

*Silly, imaginative, and energetic, your child loves to try new words and new activities.*

- 4 year-olds crave adult approval. Provide lots of positive encouragement.
- Display calendars and analog clocks to help your child visualize the concept of time.
- Play word games to develop growing vocabulary; overlook his fascination with bad words.
- Offer opportunities for sorting, matching, counting, and comparing.
- Provide lots of play space and occasions to play with other kids.