

## Fourth-and-Fifth Year Milestones

### Developmental Milestones by the End of 4 Years

Developmental Milestones by the End of 4 Years					
Movement	Hand and Finger Skills	Language	Cognitive	Social	Emotional
Hops and stands on one foot up to five seconds	Copies square shapes	Understands the concepts of "same" and "different"	Correctly names some colors	Interested in new experiences	Imagines that many unfamiliar images may be "monsters"
Goes upstairs and downstairs without support	Draws a person with two to four body parts		Has mastered some basic rules of grammar	Understands the concept of counting and may know a few numbers	
Kicks ball forward	Uses scissors	Speaks in sentences of five to six words	Approaches problems from a single point of view	Plays "Mom" or "Dad"	Views self as a whole person involving body, mind, and feelings
Throws ball overhand	Draws circles and squares	Speaks clearly enough for strangers to understand	Begins to have a clearer sense of time	Increasingly inventive in fantasy play	Often cannot distinguish between fantasy and reality
Catches bounced ball most of the time	Begins to copy some capital letters				
Moves forward and backward with agility			Recalls parts of a story	More independent	
			Understands the concept of same/different		
			Engages in fantasy play		

#### 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 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 or primary caregivers leave  
  
 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

**Developmental Milestones by the End of 5 Years**

Developmental Milestones by the End of 5 Years					
Movement	Hand and Finger Skills	Language	Cognitive	Social	Emotional
Stands on one foot for 10 seconds or longer	Copies triangle and other geometric patterns	Recalls part of a story	Can count 10 or more objects	Wants to please friends	Aware of sexuality
Hops, somersaults	Draws person with body	Speaks sentences of more than five words	Correctly names at least four colors	Wants to be like her friends	Able to distinguish fantasy from reality
Swings, climbs	Prints some letters	Uses future tense	Better understands the concept of time	More likely to agree to rules	Sometimes demanding, sometimes eagerly cooperative
May be able to skip	Dresses and undresses	Tells longer stories		Likes to sing, dance, and act	
				Shows more independence	

	without assistance  Uses fork, spoon, and (sometimes) a table knife  Usually cares for own toilet needs	Says name and address	Knows about things used every day in the home (money, food, appliances)	and may even visit a next-door neighbor by herself	
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**Developmental Health Watch**

Because each child develops in her own particular manner, it's impossible to predict exactly when or how your own preschooler will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if her 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.

- Exhibits extremely fearful or timid behavior
- Exhibits extremely aggressive behavior
- Is unable to separate from parents without major protest
- Is easily distracted and unable to concentrate on any single activity for more than five minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general, or responds only superficially
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Doesn't engage in a variety of activities
- Avoids or seems aloof with other children and adults
- Doesn't express a wide range of emotions
- Has trouble eating, sleeping, or using the toilet
- Can't differentiate between fantasy and reality
- Seems unusually passive
- Cannot understand two-part commands using prepositions ("Put the cup on the table"; "Get the ball under the couch")

Can't correctly give her first and last name

Doesn't use plurals or past tense properly when speaking

Doesn't talk about her daily activities and experiences

Cannot build a tower of six to eight blocks

Seems uncomfortable holding a crayon

Has trouble taking off clothing

Cannot brush her teeth efficiently

Cannot wash and dry her hands

Excerpted from *Caring for Baby and Young Child: Birth to Age 5*, Bantam 1999

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