



4-YEAR-OLD

Developmental GUIDE



ABCJesusLovesMe.com

Developmental Guide

Thinking about what's normal for your preschooler's development?

I remember so well watching my imaginative 4-year-olds and wondering:

- Should my son be able to count to 10?
- When should my daughter's speech be understood by strangers?
- Is my child developmentally delayed? Advanced?



I was deeply committed to helping my four children in their appropriate development and ensuring I didn't interfere in areas where they could thrive independently. My goal was to nurture independent, imaginative children who possessed a solid foundation in academic skills, Bible understanding, obedience, and character education.

Understanding your child's developmental milestones is crucial for providing the right support and play during these formative years. The following checklist will guide you through the milestones across various domains: physical, play, cognitive, language, social, and emotional.

The following checklist serves as a comprehensive roadmap, providing insights into a child's typical development during each crucial stage. You'll also discover a "Be Watchful For..." section, highlighting areas of development that may require professional guidance. By regularly referring to this checklist, you'll gain valuable insights into your child's development and be empowered to provide meaningful experiences that support their growth.

Desire more assistance? I invite you to explore the free or purchasable [ABCJesusLovesMe 4 Year Curriculum](#), which provides weekly learning activities to include in your child's play.



I'm excited to join you on this journey as you confidently prepare your child for kindergarten.

--heidi

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Physical

- ☐ walks backward toe-heel
- ☐ jumps forward 10 times without falling
- ☐ walks up and down stairs, alternating feet, without support
- ☐ turns somersaults
- ☐ moves forward and backward with agility
- ☐ catches bounced ball most of the time
- ☐ hops and stands on one foot up to 10 seconds
- ☐ catches a ball in hands only
- ☐ begins to skip

Drawing & Cutting

- ☐ continuously cuts on line
- ☐ copies triangle and other geometric patterns
- ☐ prints and copies some capital letters
- ☐ draws a person with 2-4 body parts
- ☐ prints some letters

Personal Care

- ☐ dresses and undresses independently
- ☐ uses zippers, buttons, and snaps
- ☐ uses fork and spoon
- ☐ cares for own toilet needs
- ☐ brushes teeth

Speech

- ☐ 100% understandable by strangers
- ☐ uses past, present, and future tense
- ☐ vocabulary of about 1500 words
- ☐ has mastered some basic rules of grammar
- ☐ speaks in sentences of 5-6 words
- ☐ tells longer stories

Sensory & Thinking Skills

- ☐ approaches problems from a single point of view
- ☐ begins to have a clearer sense of time
- ☐ follows 3-part commands
- ☐ interested in new experiences
- ☐ cooperates with other children, wants to please
- ☐ plays "Mom" or "Dad"
- ☐ increasingly inventive in fantasy play
- ☐ more independent

Cognitive

- ☐ count 10 or more objects
- ☐ correctly names basic colors
- ☐ tells what comes next in well-known story
- ☐ understand "same" and "different"
- ☐ plays board or card games

Be Watchful for...

- ☐ cannot throw a ball overhand
- ☐ unable to jump in place
- ☐ cannot ride a tricycle
- ☐ unable to grasp crayon between thumb and fingers
- ☐ cannot stack 4 blocks
- ☐ clings or cries whenever parents leave
- ☐ shows no interest in interactive games
- ☐ doesn't express wide range of emotions
- ☐ doesn't respond to people outside the family
- ☐ doesn't engage in fantasy play
- ☐ resists dressing, sleeping, using the toilet
- ☐ lashes out without self-control when angry or upset
- ☐ avoids or seems aloof with children and adults
- ☐ doesn't use sentences of more than 3 words
- ☐ unable to use "me" and "you" appropriately