



# Age 4

## ***Developmental Milestones***

At age 4, watch for your child's ability to:

### **Building Relationships**

- Follow a few, short, easy directions
- Have a sense of humor and try to make others laugh
- Enjoy playing with other children

### **Physical/Motor Skills**

- Stand on one foot for 5-10 seconds and not lose balance
- Stand, hop on one foot, and jump at least 20 inches forward on two feet
- Color mostly within the lines
- Copy some letters of the alphabet

### **Growing Brains**

- Sing a song or say a short poem
- Count 5 or more objects
- Express anger with words rather than in a physical way



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## ***What is developmental screening?***

- Developmental screening can help you determine if your child is developing on track for his or her age. It's a way to check if there are any problems in how your child learns, plays, speaks, or acts.
- Ask your child's doctor, child-care provider, early childhood teacher, or home visitor about doing a developmental screening. There are tools that have been developed just for parents to use with their children. Find one for your child's age at: <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>.
- Parents who have used a developmental screening tool with their children say it helped them learn more about child development. It's great hands-on parenting!

# Tips for Encouraging and Supporting Developmental Milestones

## Building Relationships

- Offer sincere, specific praise to reward behavior you want to encourage. “I like the way you sat quietly and listened.”
- Give your child new opportunities and help them finish what they start. Provide support, while letting her finish and feel the accomplishment.
- Give your child plenty of time to engage in activities. Rushing is stressful.
- Provide consistent, daily routines.

## Physical/Motor Skills

- Encourage outdoor play to keep your child active and build motor skills.

## Growing Brains

- Encourage your child’s imagination and creativity by taking time to answer their questions, introducing different ways of using things, and providing new experiences.
- Help your child express their feelings through the use of their words, pretend play, or drawing a picture.

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## Social and Emotional Growth

- Help your child build a strong foundation for life by being their role model. Coach your child on how to cope with their feelings, understand others’ feelings and needs, and have positive relations with others. Help them practice sharing.
- Developmental milestones are skills that appear in a certain order for all children. Each child will reach these milestones at different rates. Developmental milestones help parents understand what to expect as their child grows.



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