

# Developmental Milestones

## 4 years

### Physical

Draws circle, squares, and stick figures

Learning to catch a bounced ball

Hops on one foot

Learning to pour liquids, mash food

Improving scissor skills

Strings beads

Dressing and undressing self

### Cognitive

Able to sort things into categories

Recognizes "less" vs. "more"

Can argue, explain, and rationalize

Enjoys retelling stories of the past

Understands the idea of counting

Plays board/card games

Predicts what will happen in a story

Able to identify some shapes, numbers, and colors

### Language

Able to share a short story

Can hold a basic conversation

Can adjust speech based on listener and location

Can sing a song or recite a poem

Can say first and last name

Knows basic rules of grammar such as using "me" and "you" correctly.

### Social/Emotional

Tends to be optimistic

Enjoys simple jokes

Can learn relaxation techniques like "take a deep breath"

May experience fears and anxiety

Enjoys doing new things

Cooperates with others

Begins playing with other kids

Talks about interests

# ENGAGEMENT AND CONNECTION

## Navigating the "WHY?" Phase

### Independent Skills to Practice:



Getting dressed  
Setting the table  
Writing their first name  
Hang up towels  
Dust  
Sort and put away toys  
Make simple snacks  
Put dishes in dishwasher

### Book Suggestions:

Feelings - Aiki

The Hat - Jan Brett

Little Critter (series) - Mercer Meyer

There's a Wocket in My Pocket! - Dr. Seuss

A Chair For My Mother - Vera Williams

The Little House - Virginia Lee Burton

Corduroy (series) - Don Freeman

Pete the Cat (series) - Eric Litwin and James Dean

Make Way for Little Ducklings - Robert McCloskey

Strega Nona (series) - Tomie dePaola

The Story of Ferdinand - Munro Leaf

Curious George (series) - H.A. Rey and Margret Rey

### Phrases Worth Saying:

"I Love You"  
"Did you wash your hands?"  
"Let's talk to God about it"  
"Let's pick a healthy snack"  
"Can you help me?"  
"Thank you for trying that"  
"Close the door when you go potty"  
"Please give your sister some space"  
"If someone touches your private parts,  
come and tell me right away"

The time has come to start helping  
them understand privacy and  
boundaries.

Help your child establish basic  
nutrition habits.

Begin having conversations about  
technology and boundaries

Be prepared to answer questions  
about faith, prayer and God. Talk  
to them about the Bible, church,  
prayer, etc.

### Activities and Toys:



Candy Land

Play-Doh

Finger paints

Water colors

24 piece puzzles

Swinging

Throw/kick a ball

Chutes and Ladders

Don't Break the Ice

Hungry Hungry

Hippos

Alphabet letters

Freeze games

Memory Game