



Homebase Hope

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4 YEAR OLD DEVELOPMENTAL MILESTONES

The majority of children will achieve these milestones by the time they turn 4 years. Keep in mind that all children grow at different rates, but the below milestones outline what a child is expected to achieve. Some children have underlying reasons which explain certain behaviours or why they are not skilled in certain areas like other children their age. If your child is not meeting the large majority of these milestones it is important you follow it up with your health professional.

FINE MOTOR	Yes	No
builds a tower of 10 blocks		
holds pencil in tripod grasp		
copies a circle, cross and square		
attempts to draw a range of pictures		
draws a person with a head and 4 features		
writes their name		
uses preferred hand for most activities		
cuts fairly accurately along curved lines and around shapes		

GROSS MOTOR	Yes	No
stands on one foot for up to 5 seconds		
runs around obstacles		
jumps at least 10 times in a row (both feet landing at the same time)		
walks on a balance beam		
jumps over an object and lands two feet together		
hops on preferred foot		
kicks a ball forcibly forward (without losing balance)		
sits with knees crossed		
climbs on playground equipment		
walk up and down stairs alternating feet		
pedals tricycle or bike		

COMMUNICATION & LANGUAGE	Yes	No
speaks in complex sentences		
tells stories about personal experiences (eg: their day at pre-school)		
uses words that explain where things are (for example, 'above', 'below', 'under', 'over').		
recites the alphabet		
writes their name		
recognises their name in print		
reads a book from front to back		

SOCIAL & PLAY	Yes	No
plays a variety of games and activities		
takes turns		
knows their age in years		
plays with a small group of children (with a common goal of play)		
acts out 'real life' play themes (eg: shopping, doctors, cooking)		
talks about their feelings		
plays simple games (e.g hide and seek, tiggi)		
plays cooperatively		

SENSORY	Yes	No
settles themselves to sleep		
makes friends		
pays attention to a task for 12 minutes		
eats an increasing variety of foods (colours, textures, temperatures)		
tolerates different clothing textures (labels, fabric, seams)		
tolerates the feel of different textures on their skin (eg: paint, dirt, sand)		
tolerates swings, slides, spinning and movement		
tolerates noisy environments and loud sounds (eg: shopping centres, aeroplanes, toilet flushing)		
tolerates being touched or hugged		
tolerates transitioning to a new activity or environment		
tolerates 'rough play'		