



## DEVELOPMENTAL STAGES FROM 3 YEAR OLD to 4 YEARS OLD

### AGE: ABOUT 3 YEARS

#### Motor Skills

- \*Climbs well.
- \*Walks up and down stairs, alternating feet.
- \*Runs with ease.
- \*Pedals a tricycle.
- \*Kicks a ball.
- \*Feeds self.
- \*Opens doors.
- \*Washes and dries hands by self.
- \*Makes vertical, horizontal, and circular strokes with a pencil or crayon.
- \*Screws and unscrews lids, jars, nuts and bolts.
- \*Turns a page in a book one at a time.

#### Cognitive Skills

- \*Attention span increases to about 3 minutes.
- \*Can remember what happened yesterday.
- \*Understands "now", "soon", and "later."
- \*Knows some numbers, but not necessarily in correct order.
- \*Completes puzzles with three or four pieces.
- \*Sorts objects by shape and color.
- \*Matches an object to a picture of that object.
- \*Laughs at silly ideas.
- \*Understands the concept of "one" and "two".
- \*Matches circles and squares.
- \*Understands physical relationships (on, under, over, in, out).

#### Social Skills and Language

- \*Uses three-five word sentences.
- \*Asks questions.
- \*Plays spontaneously with other children in a small group.
- \*Recognizes and understands most common objects and pictures.
- \*Repeats simple rhymes.
- \*Asks to use the toilet most times.
- \*Enjoys being read to.
- \*Imitates housework or other chores.
- \*Assigns roles in pretend play (mommy, daddy).

- \*Uses pronouns (I, you, me, we, and they) and some plurals.
  - \*Knows her first and last name.
  - \*Knows whether he is a boy or girl.
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## **AGE: ABOUT 4 YEARS**

### **Motor Skills**

- \*Hops and stands on one foot for a few seconds. .
- \*Catches a bounced ball much of the time.
- \*Tries to write name. .
- \*Draws a face..
- \*Tries to cut paper with blunt scissors.
- \*Attempts to button, buckle and snap but usually needs help.
- \*Dresses and undresses doll in clothing with large zippers, snaps, and laces. .
- \*Brushes teeth with help.
- \*Pours from a small pitcher.
- \*Can get himself started when on a swing and may be able to keep it moving.
- \*Tries to skip.
- \*Strings large objects.
- \*Begins to copy some letters.

### **Cognitive Skills**

- \*Recognizes some colors.
- \*Wants to know what will happen next.
- \*Distinguishes between what is real and what is imaginary.
- \*Follow instructions with up to three commands (put the toys away, wash your hands, and get your coat).
- \*Identifies situations that could lead to happiness, sadness and anger. V \*Colors with crayons or chalk.
- \*Counts up to five objects.
- \*Understands taking turns and may do so without being reminded.
- \*Understands "big," "little," "short," "tall".
- \*Can sort objects by shape or color.
- \*Social Skills and Language

### **Social Skills and Language**

- \*Speaks clearly enough for strangers to understand.
- \*Has a large vocabulary and speaks in sentences of five or more words.
- \*Tells stories.
- \*Often prefers playing with other children.
- \*Wants explanations of "why" and "how".
- \*Changes the rules of play as he goes along.
- \*Likes to play "dress up."
- \*Separates from parent for short periods without crying.
- \*Beginning to master some basic rules of grammar (past tense, plurals).
- \*Shares when asked.
- \*Enjoys playing games like tag, hide and go seek, and duck duck goose.
- \*Likes to do things for himself.