

# Expectations for 4 year olds



## Physical Development:

- Weight gain of 6 pounds
- Height should be double child's length at birth
- Sleeps 10-12 hours; less need for naps
- Appetite varies, especially what he will/will not eat

## Communication:

- Vocabulary of 1500 words
- Answer questions: What? Who? When? Why?
- Asks questions continually; many Why questions
- Can engage in a conversation
- Can be understood by strangers with few speech errors
- Speaks 5 or more word sentences; ex. I like to eat French fries, I have a princess bed in my room
- Tell stories about past events
- On request, he can say first name, boy/girl, age, birthday; beginning to learn address
- Talks almost constantly
- Uses -ing verbs; such as, hopping, jumping, sleeping, drinking, eating, etc.
- Asks many questions
- Understands concepts: above, around, through, next, in front, more, most, wet, dry, big, little
- Use plural noun when talking about 2+ objects; ex. dogs, blocks, etc.

## Pre-Academics (Learning & Problem Solving):

- Focuses on one activity for 10-15 minutes
- Counts 1-10 (verbally); accurately counts 4 objects
- Understands and explains how objects are used: wear socks, brush hair
- Identifies, matches, & sorts at least 8 colors
- Follows 3 step directions: Pick up the ball, bounce it, and give it to Mommy.
- Increased understanding of time
- Engages in pretend play; acts out adult roles
- Can share with greater ease; may have occasional difficulties
- From memory, identifies missing object from group of 3
- Identifies & sorts shapes: circle, square, & triangle
- Begins to understand and duplicate patterns of color or shape

## Gross Motor:

- Can ride a tricycle
- Jump with both feet & hop on 1 foot leaving the floor
- Catches a ball that is bounced (8" or larger)
- Walks forward, side-ways and backwards
- Runs 10 or more feet without falling
- Walks stairs alternating feet on step



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## *Continued... Expectations for 4 year olds*

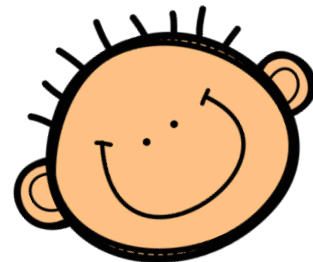
### Fine Motor:

- Draws a horizontal line, vertical line, crossed lines, & a circle from a model
- With practice, can imitate writing a few letters
- Grasps pencil/crayon correctly; draws very simple people (2 body parts) & a house
- Strings small items, like ring shaped cereals, onto a string/yarn
- Completes 9+ piece puzzle
- Cuts with scissors (straight & curved lines)



### Self-Care (Adaptive):

- Dresses and undresses self; including buttons
- May need help with shoelaces, zippers, snaps
- Washes hands with soap & dries hands with a paper towel
- Eats at the table using a fork, spoon, & napkin
- Aware of dangerous situations; ex. hot stove, electrical outlet, busy street
- Brushes own teeth; adult may need to inspect teeth
- Very independent in taking care of own need
- Likes to assist in meal prep by pouring ingredients into mixing bowl, washing/cleaning veggies, setting table, cutting with blunt knife, etc.
- May have fear of darkness
- Takes care of own potty needs, likes the door closed



### Social & Behavior:

- May have imaginary friends
- Share & takes turns; can be bossy to other children
- Responds best to routines & consistency
- Responds best to choices rather than commands
- Follows the rules most of the time
- May argue with other children
- Likes pretend play especially with other children

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