

What Should I Expect From My Four-year-old?

Physical Development:

- Weight gain of 6 pounds
- Height should be double what the child's length was at birth
- May sleep 10-12 hours nightly, may still need an afternoon nap
- Appetite varies, with like and dislike of certain foods changing

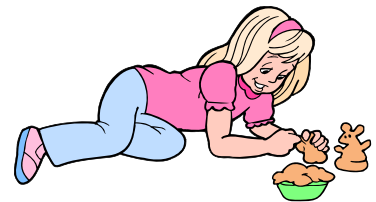


Language:

- Approximate vocabulary of 1500 or more words
- Asks questions continually
- Can carry on a conversation with few sound errors
- Speaks in sentences
- Listens to and tells "tall tales"
- Carries out a 3-4 step command
- When asked, he can give his own name, age, birthday, sex, and address
- Knows several favorite songs and nursery rhymes
- Asks questions using Who? What? When? Why?
- Talks almost constantly
- May experiment in using vulgar words

Learning and Problem Solving:

- Stays with an activity for 10-15 minutes or more if interesting to him
- Understands opposites
- Understands the concept of four, can count out loud to 10
- Identifies all 8 basic colors
- From memory, identifies missing objects from a group of three objects
- Understands past and present
- Answers questions of why we have a book, house, cup, sock, etc.
- Groups objects into food, animals, or toys
- Increased understanding of time, knows day and night
- Acts out real life in play



Motor:

- Draws a house and a man with two parts
- Strings small objects on string, like Cheerios or Fruit Loops
- Climbs a ladder
- Hops on 1 foot
- Builds a tower with 10 blocks
- Stands and balances on 1 foot for 10 seconds
- Catches a ball when bounced
- From an example, he can print capital letters and simple words randomly on blank paper
- Opens a door by turning the doorknob
- Completes 5-6 piece puzzles
- Holds a pencil appropriately
- Walks forward, sideways, and backwards
- Walks downstairs by placing one foot on each step



Self-Help:

- Dresses and undresses self, including buttons
- Washes and dries hands and face completely
- Eats at the table using a fork, spoon, and napkin appropriately
- Very independent in taking care of his own needs, often refusing adult assistance
- Brushes own teeth, but may need an adult's inspection of his teeth
- Likes to help prepare meals: pouring pre-measured ingredients into a bowl, washing vegetables, setting the table, cutting with a blunt knife
- Sleeps in own bed, but some children may fear the dark
- Gets self ready for bed
- Takes care of own toileting needs, likes privacy in the bathroom



Social:

- May have imaginary friends
- Learns to share and take turns, participates in cooperative play
- Shows sympathy to others
- Responds best to routines and consistency
- May be bossy to other children
- Follows the rules most of the time
- Likes to pretend and dress up in adult roles, like doctors, police, firefighters, teachers, etc.



Compliments of FDLRS Child Find
North East Florida Educational Consortium
3841 Reid Street
Palatka, FL 32177
Toll Free: 1-800-227-6036

