

WAYS YOU CAN HELP YOUR CHILD:

- Listen and respond when your child talks to you. (eg. nod, smile, answer questions)
- Talk about new places and experiences before you go, while you are there, and when you get home
- Talk about how things are the same and how they are different
- Encourage your child to say new words
- Read longer stories. Encourage your child to tell stories using books and pictures
- Do simple puzzles with large pieces
- Play games where your child has to take turns
- Do simple craft activities with your child such as cutting and gluing
- Give your child time for different activities

BY 4 YEARS YOUR CHILD SHOULD:

- dress and undress, including zippers and large buttons in the front
- wash and dry hands independently
- brush his / her teeth with help
- be doing more things by himself / herself

CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR IF..

... by 4 years your child:

- often falls
- does not speak clearly enough for other people to understand or stutters
- has trouble following directions
- does not use sentences that are 3 to 4 words long
- drools
- has trouble using a pencil or crayon
- is not interested in other children
- does not pretend while playing
- does not seem to hear

Acknowledgement: Rehabilitative Services,
Western Health
Janeway Outreach Program



2009

CHILD DEVELOPMENT

YOUR DEVELOPING CHILD 4 YEARS



By 4 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

LEARNING TO MOVE

By 4 years, your child should:

- walk up stairs and down stairs, with one foot on each step
- hop or stand on one foot for up to three seconds
- run easily
- bend over easily without falling
- be getting better at ball activities such as throwing overhand, catching, bouncing and kicking
- pedal a tricycle

SEEING & USING HANDS

By 4 years, your child should:

- use more than one color when coloring a picture
- cut out a circle and a square with children's scissors
- copy a circle and a cross
- draw a person with three parts

HEARING, SPEECH & LANGUAGE

By 4 years, your child should:

- hear you calling from another room or hear and repeat a whisper
- listen to the television at the same volume as the rest of the family
- use sentences with four or more words and answers simple questions



LEARNING TO THINK & PLAY

By 4 years, your child should:

- enjoy dressing up
- cooperate with other children
- enjoy being in a play group
- enjoy making crafts and building things
- be able to tell you what he / she plans to draw before he / she begins
- be able to name the shapes of a circle, square and triangle
- count out loud to ten
- talk about things that happened in the past

