

I am 4 years old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/Emotional Milestones

- Pretends to be something else during play (teacher, superhero, dog)
- Asks to go play with children if none are around, like “Can I play with Alex?”
- Comforts others who are hurt or sad, like hugging a crying friend
- Avoids danger, like not jumping from tall heights at the playground
- Likes to be a “helper”
- Changes behaviour based on where they are (place of worship, library, playground)

Language/Communication Milestones

- Says sentences with four or more words
- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during their day, like “I played soccer.”
- Answers simple questions like “What is a coat for?” or “What is a crayon for?”

Cognitive Milestones (learning, thinking, problem-solving)

- Names a few colours of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts

Movement/Physical Development Milestones

- Catches a large ball most of the time
- Serves themselves food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb not a fist)

My personal health record

Act Early by talking to your doctor or child and family health nurse if your child:

- can't jump in place
- has trouble scribbling
- shows no interest in interactive games or make-believe
- ignores other children or doesn't respond to people outside the family
- resists dressing, sleeping or using the toilet
- can't retell a favourite story
- doesn't follow three-part commands
- doesn't understand "same" and "different"
- doesn't use "me" and "you" correctly
- speaks unclearly
- loses skills they/them once had.

For more ideas on spending time with me go to *Love, talk, sing, read, play* www.lovetalkingreadplay.com.au. A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early*. Program (www.cdc.gov/ActEarly; February 2022).

For more great ideas on how to support my development, download the Bright Tomorrows app <https://www.brighttomorrows.org.au/>
