

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

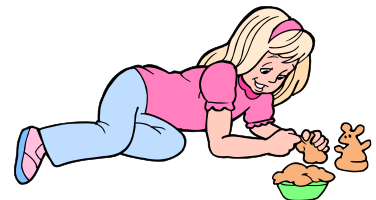


Language:

- 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.



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