

## DEVELOPMENTAL CHECKLIST - 4 TO 5 YEARS

CHILD'S NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_

MILESTONES

DATE  
OBSERVED

### GROSS MOTOR

- ✓ Stands on one foot for 10 seconds or longer
- ✓ Hops, somersaults
- ✓ Swings, climbs
- ✓ May be able to skip

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### FINE MOTOR

- ✓ Copies triangle and other geometric patterns
- ✓ Draws person with body
- ✓ Prints some letters
- ✓ Dresses and undresses without assistance

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### LANGUAGE

- ✓ Recalls parts of a story
- ✓ Speaks sentences of more than 5 words
- ✓ Uses future tense
- ✓ Tells longer stories
- ✓ Says name and address

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### COGNITIVE

- ✓ Can count 10 or more objects
- ✓ Correctly names at least 4 colors
- ✓ Works in small groups for 5-10 minutes
- ✓ Better understands the concept of time
- ✓ Knows about things used every day in the home (money, food, etc.)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### SELF-HELP

- ✓ Uses fork, spoon independently
- ✓ Can chew with lips closed
- ✓ Goes to the bathroom independently, with reminders
- ✓ Undresses independently, may be able to unbutton and unzip

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SOCIAL/EMOTIONAL**

DATE  
OBSERVED

- ✓ Wants to please
- ✓ Prefers to be with friends
- ✓ More likely to agree to rules
- ✓ Likes to sing, dance, and act
- ✓ Shows more independence

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**DEVELOPMENTAL RED FLAGS (4 TO 5 YEARS)**

- Exhibits extremely aggressive, fearful or timid behavior
- Is unable to separate from parents
- Is easily distracted and unable to concentrate on any single activity for more than 5 minutes
- Shows little interest in playing with other children
- Refuses to respond to people in general
- Rarely uses fantasy or imitation in play
- Seems unhappy or sad much of the time
- Avoids or seems aloof with other children and adults
- Does not express a wide range of emotions
- Has trouble eating, sleeping or using the toilet
- Cannot differentiate between fantasy and reality
- Seems unusually passive
- Cannot understand prepositions ("put the cup on the table"; "get the ball under the couch")
- Cannot follow 2-part commands ("pick up the toy and put it on the shelf")
- Cannot give his first and last name
- Does not use plurals or past tense
- Cannot build a tower of 6 to 8 blocks
- Holds crayon with fistful grasp
- Has trouble taking off clothing
- Unable to brush teeth or wash and dry hands

**COMMENTS:**

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