

DEVELOPMENTAL CHECKLIST - 3 TO 4 YEARS

CHILD'S NAME: _____

DATE OF BIRTH: _____

PARENT OR GUARDIAN: _____

MILESTONES

DATE
OBSERVED

GROSS MOTOR

- ✓ Hops and stands on one foot up to 5 seconds
- ✓ Goes upstairs and downstairs without support
- ✓ Kicks ball forward
- ✓ Throws ball overhand
- ✓ Catches bounced ball most of the time
- ✓ Moves forward and backward
- ✓ Uses riding toys

FINE MOTOR

- ✓ Copies square shapes
- ✓ Draws a person with 2-4 body parts
- ✓ Uses scissors
- ✓ Draws circles and squares
- ✓ Begins to copy some capital letters

LANGUAGE

- ✓ Understands the concepts of "same" and "different"
- ✓ Has mastered some basic rules of grammar
- ✓ Speaks in sentences of 5-6 words
- ✓ Asks questions
- ✓ Speaks clearly enough for strangers to understand
- ✓ Tells stories

COGNITIVE

- ✓ Correctly names some colors
- ✓ Understands the concept of counting and may know a few numbers
- ✓ Begins to have a clearer sense of time
- ✓ Follows three-part commands
- ✓ Recalls parts of a story
- ✓ Understands the concept of same/different
- ✓ Engages in fantasy play
- ✓ Understands causality ("I can make things happen")

SELF- HELP

DATE
OBSERVED

- ✓ Can feed self with spoon without spilling _____
- ✓ Washes and dries hands and face _____
- ✓ Can do simple household tasks (help set the table) _____
- ✓ Can put on simple clothing items, with help for button, zipper, shoelace (jacket, pants, shoes) _____
- ✓ Can run a brush or comb through own hair _____

SOCIAL/EMOTIONAL

- ✓ Interested in new experiences _____
- ✓ Cooperates/plays with other children _____
- ✓ Plays "mom "or "dad" _____
- ✓ More inventive in fantasy play _____
- ✓ Can stay on topic during conversations _____
- ✓ More independent _____
- ✓ Plays simple games with simple rules _____
- ✓ Begins to share toys with other children _____
- ✓ Often cannot distinguish between fantasy and reality _____
- ✓ May have imaginary friends or see monsters _____

DEVELOPMENTAL RED FLAGS (3 TO 4 YEARS)

- Cannot jump in place
- Cannot ride a trike
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot copy a circle
- Cannot stack 4 blocks
- Still clings or cries when parents leave him
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset
- Doesn't use sentences of more than three words
- Doesn't use "me" or "you" appropriately

COMMENTS:
