

# *Developmental Milestones: Months, 3 years, 4 years, and 5 years of age*

*Programmed Learning Forms Handbook*

From **CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5** by Steven Shelov, MD, 2004 by the American Academy of Pediatrics. <http://www.cdc.gov/ncbddd/autism/>

**Objectives:**

- Caregiver can recognize and identify developmental delays in speech/hearing of three month, seven month, one year, and two years of age
- Caregiver can identify developmental delays in children

## *Developmental Milestones: 3 years of age (36 months)*

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This chart gives you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child

<p><b><i>Social</i></b></p> <ul style="list-style-type: none"> <li>➤ Imitates adults and playmates</li> <li>➤ Spontaneously shows affection for familiar playmates</li> <li>➤ Can take turns in games</li> <li>➤ Understands concept of "mine" and "his/hers"</li> </ul>	<p><b><i>Language</i></b></p> <ul style="list-style-type: none"> <li>➤ Follows simple directions</li> <li>➤ Recognizes and names common objects</li> <li>➤ Understands simple questions</li> <li>➤ Understands simple instructions</li> <li>➤ Uses simple sentences</li> <li>➤ Can sing simple songs</li> <li>➤ Uses simple words</li> <li>➤ Strands</li> </ul>
<p><b><i>Emotional</i></b></p> <ul style="list-style-type: none"> <li>➤ Expresses affection openly</li> <li>➤ Expresses a wide range of emotions</li> <li>➤ By 3, separates easily from parents</li> <li>➤ Objects to major changes in routine</li> </ul>	<p><b><i>Movement</i></b></p> <ul style="list-style-type: none"> <li>➤ Climbs</li> <li>➤ Walks</li> <li>➤ Kicks</li> <li>➤ Runs</li> <li>➤ Pedals</li> <li>➤ Bends</li> </ul>

### **Cognitive**

- Makes mechanical toys work
- Matches an object in her hand or room to a picture in a book
- Plays make-believe with dolls, animals, and people
- Sorts objects by shape and color
- Completes puzzles with three or four pieces
- Understands concept of "two"

### **Hand and F**

- Make
- Turns
- Build
- Holds
- Screw
- Turns

### **Developmental Health Watch**

Alert your child's doctor or nurse if your child displays any of the following signs of p

- Frequent falling and difficulty with stairs
- Persistent drooling or very unclear speech
- Cannot build a tower of more than four blocks
- Difficulty manipulating small objects
- Cannot copy a circle by age 3
- Cannot communicate in short phrases
- No involvement in "pretend" play
- Does not understand simple instructions
- Little interest in other children
- Extreme difficulty separating from mother or primary caregiver
- Poor eye contact
- Limited interest in toys
- Experiences a dramatic loss of skills he or she once

## **Developmental Milestones: 4 years of age (48 months)**

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This gives you an idea of the changes you can expect as your child gets older, but don't be alarmed if your child

### **Social**

- Interested in new experiences
- Cooperates with other children
- Plays "Mom" or "Dad"
- Increasingly inventive in fantasy play

### **Language**

- Has n
- Spea
- Spea

<ul style="list-style-type: none"> <li>➤ Dresses and undresses</li> <li>➤ Negotiates solutions to conflicts</li> <li>➤ More independent</li> </ul>	<ul style="list-style-type: none"> <li>➤ Tells</li> </ul>
<p><b>Emotional</b></p> <ul style="list-style-type: none"> <li>➤ Imagines that many unfamiliar images may be "monsters"</li> <li>➤ Views self as a whole person involving body, mind, and feelings</li> <li>➤ Often cannot tell the difference between fantasy and reality</li> </ul>	<p><b>Movement</b></p> <ul style="list-style-type: none"> <li>➤ Hops</li> <li>➤ Goes</li> <li>➤ Kicks</li> <li>➤ Throv</li> <li>➤ Catch</li> <li>➤ Move</li> </ul>
<p><b>Cognitive</b></p> <ul style="list-style-type: none"> <li>➤ Correctly names some colors</li> <li>➤ Understands the concept of counting and may know a few numbers</li> <li>➤ Tries to solve problems from a single point of view</li> <li>➤ Begins to have a clearer sense of time</li> <li>➤ Follows three-part commands</li> <li>➤ Recalls parts of a story</li> <li>➤ Understands the concepts of "same" and "different"</li> <li>➤ Engages in fantasy play</li> </ul>	<p><b>Hand and F</b></p> <ul style="list-style-type: none"> <li>➤ Copie</li> <li>➤ Draw</li> <li>➤ Uses</li> <li>➤ Draw</li> <li>➤ Begin</li> </ul>

**Developmental Health Watch**  
Alert your child's doctor or nurse if your child displays any of the following signs of p

- Cannot throw a ball overhand
- Cannot jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot stack four blocks
- Still clings or cries whenever parents leave
- 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

- Cannot copy a circle
- Doesn't use sentences of more than three words
- Doesn't use "me" and "you" correctly
- Experiences a dramatic loss of skills he or she once

## Developmental Milestones: 5 years of age (60 months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This gives you an idea of the changes you can expect as your child gets older, but don't be alarmed if your child

<p><b>Social</b></p> <ul style="list-style-type: none"> <li>➤ Wants to please friends</li> <li>➤ Wants to be like her friends</li> <li>➤ More likely to agree to rules</li> <li>➤ Likes to sing, dance, and act</li> <li>➤ Shows more independence and may even visit a next-door neighbor by herself</li> </ul>	<p><b>Language</b></p> <ul style="list-style-type: none"> <li>➤ Recalls</li> <li>➤ Speaks</li> <li>➤ Uses</li> <li>➤ Tells</li> <li>➤ Says</li> </ul>
<p><b>Emotional Milestones</b></p> <ul style="list-style-type: none"> <li>➤ Aware of gender</li> <li>➤ Able to distinguish fantasy from reality</li> <li>➤ Sometimes demanding, sometimes eagerly cooperative</li> </ul>	<p><b>Movement</b></p> <ul style="list-style-type: none"> <li>➤ Stands</li> <li>➤ Hops</li> <li>➤ Swings</li> <li>➤ May</li> </ul>
<p><b>Cognitive Milestones</b></p> <ul style="list-style-type: none"> <li>➤ Can count 10 or more objects</li> <li>➤ Correctly names at least four colors</li> <li>➤ Better understands the concept of time</li> <li>➤ Knows about things used every day in the home (money, food,</li> </ul>	<p><b>Hand and Feet</b></p> <ul style="list-style-type: none"> <li>➤ Copies</li> <li>➤ Draws</li> <li>➤ Prints</li> <li>➤ Dresses</li> </ul>

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**Test Questions:**

**1 Understanding placement in space ("on," "in," "under") is developmentally appropriate for 3 year olds.**

True     False

**2. Sorting objects by shape and color is developmentally appropriate for 3 year olds.**

True     False

**3. Going upstairs and downstairs without support would be a realistic expectation of a normal 4 year old.**

True     False

**4. Dressing and undressing without help would be a realistic expectation of a child by their 4th birthday.**

True     False

**5. Screwing and unscrewing jar lids, nuts, and bolts are behaviors we would not expect to see in a child until they reach 5 years of age.**

True     False

**6. Knowing about things used every day in the home, such as, money, food, and appliances is something we would not expect to see in a child until they reach 5 years of age.**

True     False

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Name \_\_\_\_\_

Location \_\_\_\_\_

**Answers: 1.T, 2.T, 3.T, 4.F, 5.F, 6.T**