



## Academic Milestones

### Language

- ◆ Talk about what she likes and what she's interested in
- ◆ Starts to use verbs in the past tense and in future test:
- ◆ Knows basic rules of grammar, such as using "she" and "he" correctly
- ◆ Responds respond to questions like "Whose?" and "How?"
- ◆ Speaks clearly using more complex sentences
- ◆ Can initiate conversation
- ◆ Talks about things, people and events that are not currently happening
- ◆ Can say first name, last name, and gender
- ◆ Knows her address and phone number
- ◆ Knows about things used every day in the house
- ◆ Loves being read to; tells you which books she wants to share with you
- ◆ Pretends to read a favorite book aloud to you
- ◆ Tells how a story is like things she has seen or done
- ◆ Asks questions about books you are enjoying together
- ◆ Corrects you if you skip a word or page in favorite book
- ◆ Tells stories
- ◆ Sings a song or poem from memory



## Academic Milestones

### Cognitive

- ◆ Children know whether words sound alike or not – "hat" and "bat"
- ◆ Understands the idea of "same" and "different"
- ◆ Some children may be able to start reading a few words on very basic books
- ◆ Tells what she thinks is going to happen next in a book
- ◆ Remembers parts of a story
- ◆ Creates nonsensical words and sayings
- ◆ Understands concepts like largest, highest and alike.
- ◆ Names most letters and writes them
- ◆ Correctly names at least 4 colors and 3 shapes
- ◆ Names some colors and some numbers
- ◆ Prints her name
- ◆ Recognizes familiar word signs, like "STOP"
- ◆ Plays board or card games

### Executive Functioning

- ◆ Better understanding of the concept of time and order of daily events
- ◆ Has knowledge of days of the week, months, and seasons
- ◆ Has a greater attention span
- ◆ Follows two-to-three part commands
- ◆ Begins to tidy bedroom or playroom independently
- ◆ Can be given small chores to do and self-help tasks
- ◆ Can bring papers to and from school
- ◆ Beginning to inhibit behaviors: following rules like raising hand in class and keeping hands to self.



## Developmental

## Milestones

for

Four Years Old to

Five Years Old



Duchesne Academy  
of the Sacred Heart

Tel: 713.468.8211  
Amanda Villaseñor, M.Ed., CALT  
Cortney Kindall-Ritchey, M.Ed.,  
LPC, RPT



## Social Milestones

- ◆ Becoming more independent
- ◆ Understands and obeys the rules
- ◆ Peer groups become more important as more cooperative play takes place
- ◆ Able to name gender
- ◆ Enjoys pleasing their friends
- ◆ Shares and takes turns
- ◆ Likes more creative and imaginative play
- ◆ May show increased self-centeredness and inability to wait their turn, at times
- ◆ Enjoys doing new things

*Between the ages of 4-6, children will graduate from associative play (play together but not toward a common goal; may trade toys or engage one another) to cooperative play. This is where play begins to feel like teamwork and become more organized in to groups. Children begin assigning each other roles, like adopting a leader, and organizing play toward a common goal or with specific tasks. Associative play allows the child to develop skills such as cooperation, problem-solving, and language development while Cooperative play allows them to practice all the social skills, organizational skills, and social maturity learned through other forms of play.*



## Emotional Milestones

- ◆ Friendly, gregarious, chatty
- ◆ Learning what causes certain feelings and realizes that others may not react the same way
- ◆ Learning better coping strategies, like talking it out or taking a minute for self
- ◆ Expresses sympathy toward others
- ◆ Has learned to use adults as trusted role models
- ◆ Emotions can quickly change
- ◆ Child is figuring out that it is not all about her
- ◆ Expresses anger verbally, rather than physically (most of the time)
- ◆ Can begin working through conflicts

### When to be Concerned

Child shows no growth  
Speaks unclearly  
Does not make eye contact or respond  
Does not want to play with others  
Does not play make-believe  
Often seems unhappy with limited emotions  
Extremely afraid, shy or aggressive  
Experiences severe separation anxiety  
Has trouble eating, sleeping, using the restroom



## Movement Milestones

### Gross Motor Skills

- ◆ Hops, swings, climbs, somersaults, and may be able to skip
- ◆ Stands on one foot for more than 9 seconds
- ◆ Runs more easily; able to stop and start with more ease and able to go around obstacles
- ◆ Walks up and down stairs without help
- ◆ Walks forward and backwards easily
- ◆ Peddles a tricycle
- ◆ Kicks a ball
- ◆ Dresses and undresses without much help
- ◆ Brushes teeth independently
- ◆ Cares for own toileting needs
- ◆ Catches a bounced ball

### Hand and Finger/ Fine Motor Skills

- ◆ Copies a triangle circle, square, and other shapes
- ◆ Stacks 10 or more blocks
- ◆ Uses a fork and spoon
- ◆ Makes shapes out of play dough
- ◆ Holds a pencil
- ◆ Threads beads onto a string
- ◆ Prints some capital letters
- ◆ Writes her name
- ◆ Pours
- ◆ Uses scissors; cuts with supervision
- ◆ Mashes own food
- ◆ Draws a person with 2 – 4 body parts
- ◆ Plays board or card games