



Academic Milestones

Language

- ◆ Speaks 250-500 words
- ◆ Answers simple questions
- ◆ Speaks in sentences of 5-6 words
- ◆ Connects sentences to same topic (i.e. "I go to the park," "I slide," "I swing")
- ◆ Follows instructions with 2 or 3 steps
- ◆ Can name most familiar things
- ◆ Identifies parts of an object (i.e. "the bike has wheels, a bell, a seat")
- ◆ Understands words like "in," "on," and "under"
- ◆ Says first name, age, and gender
- ◆ Names a friend
- ◆ Says words like "I," "me," "we," and "you"
- ◆ Uses some plurals (cats, cars, dogs)
- ◆ Talks well enough for strangers to understand most of the time
- ◆ Tells stories
- ◆ Carries on a conversation using 2 to 3 sentences



Academic Milestones

Cognitive

- ◆ Asks many "why" questions
- ◆ Correctly names familiar colors
- ◆ Understands the idea of "same" and "different"
- ◆ Pretends creatively
- ◆ Remembers parts of a story
- ◆ Understands morning, afternoon, and night
- ◆ Understands the concept of counting, may know a few numbers
- ◆ Can work toys with buttons, levers, and moving parts
- ◆ Plays make-believe with dolls, animals, and people
- ◆ Does puzzles with 3 or 4 pieces
- ◆ Can name a friend
- ◆ Recognizes and identifies what common objects and pictures are

Executive Functioning

- ◆ Completes one step errands
- ◆ Cleans and puts away items with little assistance
- ◆ Performs simple chores and self-care tasks with reminders and some physical assistance
- ◆ Inhibits unsafe or inappropriate behaviors



Developmental

Milestones

for

Three Years Old to

Four 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

- ◆ Imitates parents and friends
- ◆ Understands mine vs. his or hers
- ◆ Increase in imagination means more fantasy and pretend play but also could mean more unrealistic fears (i.e. monster under the bed)
- ◆ Takes an interest in interactive games
- ◆ Plays with or alongside other children
- ◆ Often takes turns in games
- ◆ Can respond to family members
- ◆ Can play “mom” and “dad”

Child will graduate from onlooker play (observing others but not joining in) to parallel play (children play side by side, mimic each others' actions, but not truly involve each other in the play) to associative play (children playing with each other but not for a common goal or theme. Child is more interested in playing with people than with toys.)

Emotional Milestones

- ◆ Shows affection for familiar people
- ◆ Shows a wide range of emotions including sad, angry, happy or bored
- ◆ Improvement/Decrease in separation anxiety
- ◆ Self-control begins to improve when angry or upset
- ◆ Shows concern for a crying friend
- ◆ May get upset with major disruptions or changes to routine
- ◆ More independent
- ◆ Can dress and undress self
- ◆ Views self as whole person with a mind, body, and feelings

When to be Concerned

Child shows no growth
Doesn't speak in sentences
Can't work simple toys
Can't understand simple instructions
Doesn't make eye contact
Doesn't play pretend

Movement Milestones

- ◆ Walks forward and backwards easily
- ◆ Bends over without falling
- ◆ Builds towers of more than 6 blocks
- ◆ Climbs wall
- ◆ Runs easily
- ◆ Pedals a tricycle
- ◆ Walks up and down stairs, one foot on each step
- ◆ Kicks, throws, and catches a ball
- ◆ Catches bounced ball, most of the time
- ◆ Hops and stands on one foot for up to 5 seconds

Hand and Finger Skills

- ◆ Copies a circle or square with a pencil or crayon
- ◆ Turns book pages one at a time
- ◆ Screws and unscrews jar lids
- ◆ Turns door handle
- ◆ Dresses and undresses self
- ◆ Uses age-appropriate scissors
- ◆ Draws a person with 2-4 body parts
- ◆ Writes some capital letters