

## **Developmental Checklist (4 - 5 Years)**

### Gross Motor Milestones

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

### Fine Motor Milestones

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

### Language Milestones

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

### Cognitive Milestones

- 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 Milestones

- 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 Milestones

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