

## Your Child at 3 to 4 Years of Age

Children develop at their own pace. This sheet is a guide to help you know what you might expect from your child at 3 to 4 years of age. If you are concerned about your child's development, please talk with your doctor.

<b>What should my child be learning?</b>	<b>How can I help my child?</b>
<p><b>Gross Motor Skills: Big Body Movements</b></p> <ul style="list-style-type: none"> <li>• Jumps forward about 2 feet.</li> <li>• Walks on a line about 4 feet with hands on hips without losing balance. Starts with one foot on the line and works toward 2 feet on the line.</li> <li>• Stands on 1 foot with hand on hips and counts to 3-5 without losing balance.</li> <li>• Throws a tennis ball about 7-10 feet with overhand throw.</li> <li>• Hits a target on a wall with a tennis ball with an underhand throw.</li> <li>• Catches a playground ball.</li> <li>• Runs fast for 50 feet.</li> <li>• Rides a tricycle.</li> <li>• Climbs stairs 1 foot on each step, starts to not use the rail or the wall.</li> </ul>	<p><b>Gross Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Practice balance by walking on chalk or tapelines, lines on a basketball court, the edge of a sandbox, etc.</li> <li>• Practice jumping up and forward. Start on 2 feet like a bunny and try to jump forward. Hop on 1 foot.</li> <li>• Hop between 2 chalk or tape lines. How far can you hop or jump?</li> <li>• Practice standing on 1 foot. How long can you stand like a flamingo at the zoo?</li> <li>• Practice kicking and catching different size and shaped balls. Practice throwing balls or bean bags at a target.</li> <li>• Play games like "Ring around the Rosie", Musical chairs, "Red light/Green light",</li> <li>• Visit a playground to explore, swing, climb, slide, balance, chase, and run.</li> </ul>
<p><b>Fine motor skills: Play and Self Help</b></p> <ul style="list-style-type: none"> <li>• Buttons and unbuttons large buttons on clothing.</li> <li>• Puts on most clothing except shirt and jacket.</li> <li>• Eats with a fork and a spoon.</li> <li>• Holds a crayon or pencil like a grownup.</li> <li>• Uses scissors to cut paper in half and starts to cut along a straight line.</li> <li>• Draws a circle on their own, copies a plus sign (+) and draws a square.</li> <li>• Builds a tower 9-10 blocks tall with small blocks.</li> </ul>	<p><b>Fine Motor Skills</b></p> <ul style="list-style-type: none"> <li>• Use play dough to make balls, "cookies", snakes. Use a plastic dull, knife or cookie cutters to cut and shape.</li> <li>• Build things with large linking blocks like LEGO's®, Duplos®, Mega bloks.</li> <li>• Play dress up with clothes.</li> <li>• Have your child paint with brushes or finger-paint with water on paper, sidewalk, or walls.</li> <li>• Print the letters of the Alphabet and their first name. Draw faces with hair, eyes, nose, mouth, etc.</li> </ul>

**Language and Social Skills**

- Knows some colors like red, blue and green.
- Knows some shapes like circle and square.
- Knows words for family like brother, grandma, aunt and sister.
- Hears when you call from another room.
- Talks about things that happened during the day
- Uses about 4 words in a sentence and 4 sentences at a time.
- Answers simple questions like “who?”, “what?” and “where?”
- Asks when and how questions
- Says rhyming words like hat, cat and bat
- Begins to use ‘s’ and pronouns like “my cookies”
- Follows simple instructions at home and school
- Can keep hands to self and have periods where they can sit still.

**Language and Social Skills**

- Read books 10 minutes daily. Ask questions about the story. Have your child act out or tell you about the story.
- Encourage playing with toys or books for 8-10 minutes on their own.
- Encourage questions about what is happening in pictures, books, magazines, family photos and when you are out in the community. Use questions that begin with “why”. Cut the pictures out and tape or glue them on paper and make up a story.
- Act out playing house, driving a car, going to the doctor, going to the store, going to work, cooking, and imitating what caregivers are doing.
- Encourage counting, rhyming, humming and singing.

**Toys to have for your child at 3 to 4 years**

- Lacing cards, dress up clothing,
- Tricycle, different balls, play house, sandbox, swings
- Crayons, safety scissors, glue, paper, and art supplies
- Play-doh or outdoor chalk
- Matching games and cards.
- Music makers and instruments
- Kitchen sets or workbench
- Books, linking blocks, and puzzles games
- Candyland, Chutes & Ladders, Zingo®

**ALERT:** Call your child’s doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

**This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.**