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Ages and Stages: 4-Year-Olds

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Energetic and imaginative best describes four-year-olds. They are able to learn new words quickly, and use them in chatting with you, telling you jokes and wild stories.

**Physical development**
- weight: 27-50 pounds
- height: 37-46 inches
- uses a spoon, fork, and dinner knife skillfully
- needs 10-12 hours sleep each night
- dresses self without much help
- walks a straight line
- hops on 1 foot
- pedals and steers a tricycle skillfully
- jumps over objects 5-6 inches high
- runs, jumps, hops, skips around obstacles with ease
- stacks 10 or more blocks
- forms shapes and objects out of clay or play dough
- threads small beads on a string
- catches, bounces, and throws a ball easily

**Mental development**
- can place objects in a line from largest to smallest
- can recognize some letters if taught and may be able to print name
- recognizes familiar words in simple books or signs (STOP sign)
- understands the concepts of tallest, biggest, same, more, on, in, under, and above
- counts 1-7 objects out loud
- understands order of daily routines (breakfast before lunch, lunch before dinner, dinner before bedtime
- speaks fairly complex sentences, “The baby ate the cookie before I could put it on the table.”
- enjoys singing simple songs, rhymes, and nonsense words
- adapts language to listener’s level of understanding. To baby sister: “Daddy go bye bye.” To Mother: “Daddy went to the store to buy food.”
learns name, address, and phone number if taught
• asks and answers who, what, when, why, where questions
• continues 1 activity for 10-15 minutes
• names 6-8 colors and 3 shapes
• follows two unrelated directions: “Put your milk on the table and get your coat on”

Social and emotional development
• takes turns and shares (most of the time); may still be bossy
• understands and obeys simple rules (most of the time)
• changes the rules of a game as she goes along
• likes to talk and carries on elaborate conversations
• persistently asks why; may name call, tattle freely
• enjoys showing off and bragging about possessions
• fearful of the dark and monsters
• begins to understand danger — at times can become quite fearful
• has difficulty separating make-believe from reality
• lies sometimes to protect self and friends, but doesn’t truly understand the concept of lying — imagination often gets in the way
• likes to shock others by using “forbidden” words
• still throws tantrums over minor frustrations
• expresses anger verbally rather than physically (most of the time)
• pretending goes far beyond “playing house” to more elaborate settings like fire station, school, shoe store, ice cream shop
• loves to tell jokes that may not make any sense at all to adults

BOOKS

Books for children

Harriet, You’ll Drive Me Wild! Mem Fox
Bedtime for Frances, Russell Hoban and Lillian Hoban
On Monday When It Rained, Cherryl Kachenmeister
Leo the Late Bloomer, Robert Kraus
What Do You Do With A Kangaroo?, Mercer Mayer
If You Give A Mouse A Cookie, Laura Joffe Numeroff
The Hello, Goodbye Window, Norton Juster and Chris Raschka
Imogene’s Antlers, David Small
Don’t Let the Pigeon Drive the Bus!, Mo Williams

Toys
• matching games, puzzles 12-15 pieces, board games, dominoes, play money, pretend cash register
• plastic blocks, balls (all sizes)
• glue, crayons, paint, scissors and paper, washable markers, colored chalk, play dough
• trucks and cars, bicycle with training wheels, dress-up clothes
• puppets, books, bean bags, doll with clothes

A word on development
Your child is unique. His or her learning and growth rates differ from other children the same age. If, however, your child is unable to do many of the skills listed for this age group, you may wish to talk to an early childhood specialist. You are the best person to notice developmental problems, if any, because of the time you spend with your child. If your child has special needs, early help can make a difference. If you have questions about your child’s development or want to have your child assessed, contact:
• Your pediatrician or health care professional
• Area Education Agency—Early Childhood Special Education Department
• Iowa Compass 1-800-779-2001

Contact your county Extension office to obtain other publications about children, parenting, and family life. Also visit the ISU Web site at http://www.extension.iastate.edu/.

The developmental information provided in this bulletin has been compiled from a variety of professional resources to help you understand your child’s overall growth. It is not a standardized measurement tool.

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