



GCAPP PARENT TOOLKIT:

Your Child at 4 Years



What You Can Do to Support Development

- Read together every day
- Point out and talk about letters, numbers, and signs in your neighborhood
- Play counting and sorting games
- Encourage pretend play, puzzles, art, and building
- Teach how to use a phone and practice safety
- Exercise together through running, jumping, or playing ball
- Set clear, consistent rules and routines
- Praise good behavior and cooperation



When to Act Early

- Cannot jump in place or has trouble with basic movement
- Has difficulty speaking clearly or using sentences
- Cannot retell a favorite story or follow 3-part instructions
- Shows no interest in pretend play or interacting with others
- Avoids eye contact, ignores peers, or isolates from family
- Resists dressing, sleeping, or using the toilet
- Loses skills they once had

CITE AND VIDEO:

- https://www.cdc.gov/ncbddd/actearly/pdf/checklists/CDC_-L TSAE-Checklists-with-Tips-4year-P.pdf
- <https://choc.org/ages-stages/4-to-5-years/>
- <https://www.illinoiscaresforkids.org/preschool-en/child-development/milestones-by-year>
- <https://www.chop.edu/primary-care/developmental-milestones>
- <https://youtu.be/dFzt8KZlrA4?si=FB4aFcNAGRSTNrVa>



GEORGIA CAMPAIGN FOR
ADOLESCENT POWER & POTENTIAL
Education • Prevention • Action
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Milestones Matter!

How your child plays, learns, speaks, acts, and moves gives important clues about their development. Every child develops at their own pace, but by age 4, most children demonstrate the following abilities. Use this guide and talk with your child's doctor during well-child visits.



Social and Emotional Development

- Enjoys trying new things
- Plays make-believe (e.g., "Mom," "Dad," or imaginary friends)
- Prefers playing with other children
- Cooperates, shares, and takes turns
- Sometimes can't distinguish reality from pretend
- Talks about likes, interests, and feelings



Language and Communication

- Uses full sentences and holds conversations
- Correctly uses pronouns: he, she, me, you
- Sings songs or recites poems from memory
- Tells simple stories; repeats familiar ones
- States first and last name, and age
- Understands direction words like in, on, under



Cognitive Development (Learning, Thinking, Problem-Solving)

- Names colors and some numbers
- Understands counting, same vs. different
- Remembers and retells parts of stories
- Predicts what might happen next in a book
- Begins to understand time
- Draws a person with 2-4 body parts, circle, sometimes square
- Builds towers of 10+ blocks
- Plays board or card games with rules
- Matches pictures to words; starts learning letters
- Copies some capital letters



Movement and Physical Development

- Hops, skips, and stands on one foot for a few seconds
- Catches a bounced or thrown ball most of the time
- Pours liquids, cuts food with supervision, and mashes food
- Dresses without help, including buttons and zippers
- Pedals a tricycle
- Walks up and down stairs without holding on