

## WAYS YOU CAN HELP YOUR CHILD

- Listen and respond when your child talks to you. (eg. nod, smile, answer questions).
- Talk about new places and experiences before you go, while you are there, and when you get home.
- Talk about how things are the same and how they are different.
- Use words or sounds that your child finds difficult. Have your child look at your mouth as you say the sound clearly.
- Read longer stories. Encourage your child to tell stories using books and pictures.
- Do simple puzzles with large pieces.
- Play games where your child has to take turns.
- Do simple craft activities with your child such as cutting and gluing.
- Make sure your child plays outside with other children. Take him or her to a playground.

## BY 4 YEARS YOUR CHILD SHOULD:

- dress and undress, including zippers and large buttons
- wash and dry hands independently
- brush his / her teeth with little help
- be doing more things by himself / herself

### CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR WHEN...

#### ... at 4 years your child:

- often falls
- stutters
- does not speak clearly enough for other people to understand
- has trouble following directions
- does not use sentences that are 3 to 4 words long
- drools
- has trouble using a pencil or crayon
- is not interested in other children
- does not pretend while playing
- does not seem to hear

### CHILD DEVELOPMENT

Rehabilitation & Early Childhood Development  
Western Health  
AND  
Janeway Outreach Program,  
Western Region

### CHILD DEVELOPMENT

## YOUR DEVELOPING CHILD

3-4 YEARS



**B**y 4 years, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your child learn these new things.

## LEARNING TO MOVE

### By 4 years, your child should:

- walk up stairs and down stairs, with one foot on each step
- hop or stand on one foot for up to three seconds
- run easily
- bend over easily without falling
- be getting better at ball activities such as throwing overhand, catching, bouncing and kicking
- pedal a tricycle

## SEEING & USING HANDS

By 4  
years,  
your child

### should:

- use more than one color when coloring a picture
- cut out a circle and a square with children's scissors
- copy a circle and a cross
- draw a person with a head, body, legs and arms

## HEARING, SPEECH & LANGUAGE

### By 4 years, your child should:

- hear you calling from another room or hear and repeat a whisper
- listen to the television at the same volume as the rest of the family
- use sentences with four or more words and answers simple questions



- ask questions  
and

many ques-  
like "what",  
"where"  
"why"

- tell stories and sings songs
- speak clearly enough to be understood by most people

### By 4 years, your child should:

- enjoy dressing up
- cooperate with other children

## LEARNING TO THINK & PLAY

- enjoy being in a play group
- enjoy making crafts and building things
- be able to tell you what he / she plans to draw before he / she begins
- be able to name the shapes of a circle, square and triangle
- count out loud to ten
- talk about things that happened in the past
- know and name four colors

