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Developmental milestones record - 4 years

The typical 4-year-old child will demonstrate certain physical and mental skills. These skills are called developmental milestones.

Information

All children develop a little differently. If you are concerned about your child's development, talk to your child's health care provider.

PHYSICAL AND MOTOR

During the fourth year, a child typically:

- Gains weight at the rate of about 6 grams (less than one quarter of an ounce) per day or one third to one half pound (about 180 grams) per month
- Weighs 40 pounds (18.14 kilograms) and is 40 inches (101.6 centimeters) tall
- Has 20/20 vision
- Sleeps 11 to 13 hours at night, most often without a daytime nap
- Grows to a height that is double the birth length
- Shows improved balance
- Hops on one foot without losing balance
- Throws a ball overhand with coordination
- Can cut out a picture using scissors
- May still wet the bed

SENSORY AND COGNITIVE

The typical 4-year-old:

- Has a vocabulary of more than 1,000 words
- Easily puts together sentences of 4 or 5 words
- Can use the past tense
- Can count to 4

- Will be curious and ask a lot of questions
- May use words they do not fully understand
- May begin using vulgar words
- Learns and sings simple songs
- Tries to be very independent
- May show increased aggressive behavior
- Talks about personal family matters to others
- Commonly has imaginary playmates
- Has an increased understanding of time
- Is able to tell the difference between two objects, based on things like size and weight
- Lacks moral concepts of right and wrong
- Rebels if too much is expected of them

PLAY

As the parent of a 4-year-old, you should:

- Encourage and provide space for physical activity.
- Show your child how to participate in and follow the rules of sporting activities.
- Encourage play and sharing with other children.
- Encourage creative play.
- Teach your child to do small chores, such as setting the table.
- Read together.
- Limit screen time (television and other media) to 2 hours a day of quality programs.
- Expose your child to different stimuli by visiting local areas of interest.

Alternative Names

Normal childhood growth milestones - 4 years; Growth milestones for children - 4 years; Childhood growth milestones - 4 years; Well child - 4 years

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