



## 4-year-old milestones show continued growth in development

The developmental milestones for a 4-year-old are focused on continued growth. Just a couple years ago, a ball was something to grasp at with little fingers; now, she's catching a bounced ball and throwing it back. Deeper cognitive reasoning is emerging, as he understand the concepts of same and different, and begins to follow more complex instructions.

While every child grows at his or her own rate, [Help Me Grow](#) offers the following developmental milestones as typical for a 4-year-old. These markers help monitor a child's progress:

- Catches a bounced ball most of the time
- Tells stories and recalls parts of stories
- Plays cooperatively with other children
- Copies simple shapes
- Understands the concept of same and different
- Follows instructions with two or three steps

For a 4-year-old, parents, child care providers and caregivers can encourage a child's development in the following ways:

- Give child crayons, markers and a variety of play materials
- Read with child every day
- Pay attention when child is talking
- Give child opportunities to play with other children
- Say positive things to child
- Urge child to use words to ask for help



**4 YEAR MILESTONES**

- Catches a bounced ball most of the time
- Tells stories and recalls parts of stories
- Plays cooperatively with other children
- Copies simple shapes
- Understands the concept of "same" & "different"
- Follows instructions with 2 or 3 steps

For more information on four-year milestones, please visit [HelpMeGrowMN.org](https://www.HelpMeGrowMN.org)

This initiative is made possible through an interagency agreement from the Minnesota Department of Education to the Metro ECSU using federal funding under CFDA number 84.181 Special Education Grants for Infants and Families with Disabilities.



Help Me Grow suggests that parents, child care providers and caregivers track a child's progress as he or she grows. To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or [kathy.mckay@metroecu.org](mailto:kathy.mckay@metroecu.org). For more information, visit [helpmegrowmn.org](https://www.helpmegrowmn.org).