



3-4 years Milestones Checklist

	Yes	No
Motor		
Walks up and down steps with an alternating pattern and handrail		
Can stand 1 foot for 5 seconds		
Hops 5 times up and down on 1 foot		
Throws a ball with some use of trunk and shoulder		
Kicks a rolling ball		
Rides a tricycle or bike		
Threading small objects (beads) onto a string		
Cutting roughly around pictures (does not need to stay on line)		
Building a tower of 8-9 blocks		
Completes 4-6 piece interlocking puzzle		
Puts on socks and shoes (by 4 years old)		
Sensory		
Able to take turns		
Dresses self by 4 (assist for buttons, ties, snaps, zippers)		
Feeds self without difficulty		
Tolerates different textures without distress/enjoys messy play		
Can transition between activities without distress		
Can express wants/needs		
Can attend to activity for multiple minutes		
Can cope in busy/noisy environments		
Can settle self to sleep at night and during the day		
Remembers most colors		
Feeding		
Circulatory jaw movements improve		
Chews with lips closed, breathes through nose		
Working further on increasing speed, strength and efficiency		
Eating bigger and bigger pieces of harder to chew table foods		



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	Yes	No
Communication		
Speech is understood approximately 75-90% of the time		
Puts 4 words together; may make some mistakes (i.e. "I runned to the park.")		
Uses pronouns, such as I, you, me, we, and they		
Follows 2-step related directions without cues		
Takes turns and plays cooperatively		
Expresses ideas and feelings		
Participates in rhyming games		
Follows quantity (empty, a lot) and equality (same, both) directions		
Understands next to, beside, between		
Uses position concepts behind, in front, around		
Answers more complex questions logically, such as "who," "why," "where," and "how"		
Asks one-word "why" questions		
Attends to name being called from another room		