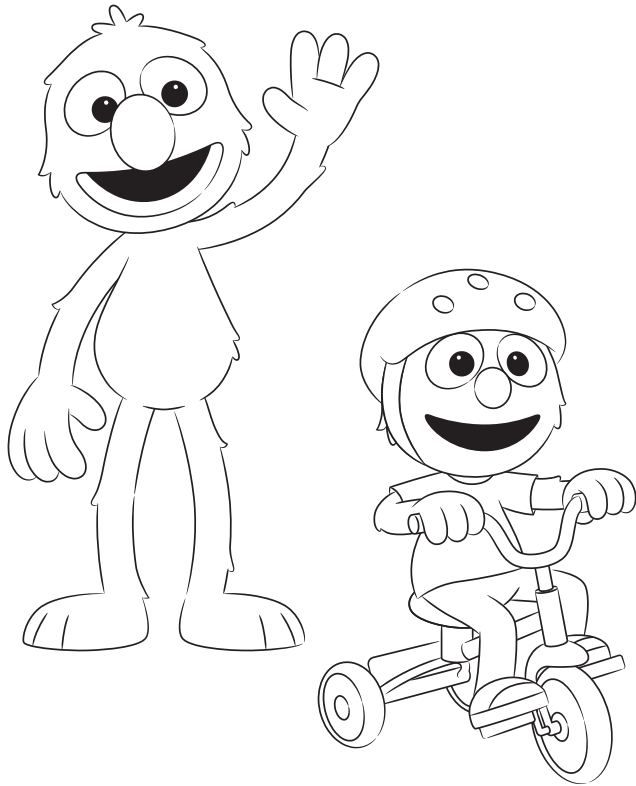


Your Four-Year-Old

Children's wellness is often measured by milestones: What can they do and when can they do it? Wellness visits are regular opportunities for these check-ins—they're a great time to ask questions and raise concerns about your child's growth and development! **All children grow and develop at their own pace. Here's what you may be noticing at age 4.**



Meet a 4-year-old monster Muppet, Marty! Read *Monster Moments* and watch a little monster grow.

Physical growth and development:

- Learn about average height and weight milestones at www.cdc.gov/growthcharts.

Thinking and reasoning:

- Can say their first and last names.
- Understand the concept of counting and may know some numbers.
- Understand the concept of same and different; better understand concepts of time.
- Can name some colors.
- Know the difference between fantasy and reality.

Emotional and social development:

- View themselves as whole people, with a body, mind, and feelings.
- Cooperate with other children (and with help, figure out solutions to conflicts).
- Switch between being demanding and cooperative.
- Dress and undress themselves.
- Are interested in new experiences and are more independent.

Language development:

- Use sentences of 5–6 words; speak clearly enough for strangers to understand.
- Can describe something that has happened to them, tell a short story, remember parts of a story, and sing songs.

Senses and movement:

- Stand on one foot, move forward and backward easily, and go up and down stairs without holding on to anything for support.
- Ride a tricycle or a bicycle with training wheels, throw a ball overhand, sometimes catch a bounced ball, and kick a ball forward.
- Use their hands and fingers to build a tower of 10 blocks, draw a circle and square, draw a person with 2–4 parts, use scissors, and write some capital letters.