

Is Your Child on Track?

3 - 4 Years

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> Walks up/down stairs alternating feet, holding railing Running is smooth with beginning of arm swing Climbs ladders, slides and playground equipment Jumps forward with both feet; several hops on 1 foot Catches large ball most of the time Rides a tricycle or two-wheel bike, with training wheels 	<ul style="list-style-type: none"> Clumsy, weak, falls often Not attempting, or fearful of activities that challenge balance such as climbing In constant motion, poor safety awareness
Fine Motor	<ul style="list-style-type: none"> Clear hand preference has developed Holds pencil in a tripod grasp (2 fingers and thumb) Draws circle and imitates a cross Uses both hands together for simple scissor skills Completes simple puzzles 	<ul style="list-style-type: none"> No hand preference Avoids fine motor tasks or becomes easily frustrated Awkward and clumsy with hand skills
Sensory	<ul style="list-style-type: none"> Actively learning through exploration using all senses Highly curious about unfamiliar objects and events Comfortable to move away from mom to play for short periods of time (self regulation) 	<ul style="list-style-type: none"> Excessively clingy, not exploring environment Frequent, sustained meltdowns; can not self calm
Eating	<ul style="list-style-type: none"> Eats a wide variety of table foods for balanced nutrition May go through phases of food preferences or refusals Feeds self with spoon or fork; drinks from an open cup Begins to spread (butter, jelly) with a knife 	<ul style="list-style-type: none"> Eats less than 20 different foods, dropping foods from repertoire Complete refusal to try new foods; gagging, vomiting
Self Care/ Sleep	<ul style="list-style-type: none"> Independently puts on shirt, socks, shoes Buttons large buttons, unbuttons front or side buttons Washes and dries hands independently Toilet independence in majority of children, small percentage of children still not dry during night Sleeps 11-13 hours over the day/night, with 0-1 naps 	<ul style="list-style-type: none"> Strongly resists dressing, sleeping, and using the toilet No desire for independence Difficulty falling asleep and sleeping through the night
Speech & Language	<ul style="list-style-type: none"> Follow instructions with 2-3 steps Names most familiar things, knows over 1,000 words Understands words such as "in," "on," and "under" Says first name, age, and sex Carries on a conversation using 2 to 3 sentences Asks who, what, when where and why questions. 	<ul style="list-style-type: none"> Speech very unclear; drools Does not speak in sentences Cannot follow 2 step requests Does not actively seek out adults to share toys, activities or experiences
Social/ Play	<ul style="list-style-type: none"> Begins dramatic play and acting out daily routines May have fears of animals, monsters, or the dark Has stereotypical ideas of what 'girls' and 'boys' are like Developing negotiation and problem solving skills Understands rules; knows when they have been broken Begins to enjoy and follow group activities, take turns, but is not ready for competitive games 	<ul style="list-style-type: none"> Not engaging in pretend play Does not show interest in play with adults or children Does not make eye contact Lashes out without any self-control when upset

