

Is Your Child on Track?

4 - 5 Years

Skill Areas	Typical Development	Red Flags
Posture/ Gross Motor	<ul style="list-style-type: none"> • Walks easily up and down the stairs, alternating feet • Runs fast and smoothly, navigating around obstacles • Jumps over small objects • Catches a large ball and throws a ball overhand • Begin to pump self on a playground swing • Rides tricycle or bike with training wheels well 	<ul style="list-style-type: none"> • Fear of and/or difficulty on stairs • Can not jump in place • Fear of and/or can not ride a tricycle • Clumsy, falls often
Fine Motor	<ul style="list-style-type: none"> • Clear hand preference for tasks, no hand switching • Uses a tripod grasp when writing with fingertip motion • Draws a person with more than 3 parts • Copies simple images such as a square and triangle • Uses scissors to cut simple shapes • Copies some capital letters and their name 	<ul style="list-style-type: none"> • Frequent hand switching • Avoiding or has trouble coloring and drawing • Awkward and clumsy with hand skills; avoids or is easily frustrated
Sensory	<ul style="list-style-type: none"> • Very driven to master skills with their bodies (e.g. climbing, bike riding, writing, toileting, dressing) • Typically separates from parents without distress (self regulation) 	<ul style="list-style-type: none"> • Excessively anxious and fearful • Not able to regulate behavior
Eating	<ul style="list-style-type: none"> • Eats wide variety of table foods for balanced nutrition • Serves self a snack or drink, including pouring • Spreads soft foods with knife, begins to cut 	<ul style="list-style-type: none"> • Almost always eats different food than rest of family • Eats < 20 foods, dropping foods from repertoire
Self Care/ Sleep	<ul style="list-style-type: none"> • Distinguishes front from back of clothing • Dresses self except for difficult fasteners • Able to button, snap and zipper independently • Washes faces and brushes teeth independently • Independent with toileting • Completes simple chores • Sleeps 11-13 hours through the night, rarely needs naps 	<ul style="list-style-type: none"> • Strongly resists or is overly sensitive to dressing, toileting, brushing teeth, etc. • Is not dressing self • Is not toilet trained • Frequently gets out of bed at night
Speech & Language	<ul style="list-style-type: none"> • Ample vocabulary to communicate with adults and children in familiar situations • Knows basic rules of grammar; e.g. correctly using “he” and “she” • Sings part of a song or says a rhyme from memory • Can tell at least 1 event that happened during the day 	<ul style="list-style-type: none"> • Speaks unclearly • Does not follow 3-part commands • Does not use “me” and “you” correctly • Can not share information
Social/ Play	<ul style="list-style-type: none"> • Plays complex make-believe games • Tells you the difference between what is real and what is make-believe • Laughs at funny situations, boasts at accomplishments • Plays successfully with other children by understanding concept of sharing and taking turns • Can be successful in structured group activities 	<ul style="list-style-type: none"> • No interest in interactive games or make-believe • Ignores other children or doesn't respond to people outside the family • Aggressive or withdrawn • Can't follow group routines

