

PRESCHOOL MILESTONES (3-5 YEARS)

3 YEARS

Physical

- o Climbs well
- o Runs easily
- o Jumps forward with feet together
- o Pedals a tricycle (3-wheel bike)
- o Walks up and down steps (one foot on each step)
- o Dons and doffs most clothing items
- o Throws ball forward

Socio-emotional

- o Copies adults and friends
- o Shows appropriate affection for people, pets or objects.
- o Able to take turns in games with others
- o Shows concern for a crying friend
- o Understand "mine" and "his" or "hers"
- o Shows a variety of emotions
- o Shows appropriate separation anxiety when separated from parent/caregiver
- o May get upset with major changes in routine

Language/Communication

- o Follows instructions with 2 or 3 steps
- o Can name most familiar things and people
- o Understands "in", "on" and "under"
- o Able to state first name, age, and sex
- o Says words like "I", "me", and "you" and some plurals (cars, dogs, cats)
- o Understood most of the time
- o Carries on a conversation using 2 to 3 sentences

Cognitive

- o Participates in imaginary play
- o Completes puzzles with 3 or 4 pieces
- o Understands "two"
- o Able to copy a circle
- o Turns book pages one at a time
- o Builds tower of more than 6 blocks
- o Screws and unscrews jar lids or turns door handle



THE LITTLE
THERAPY HOUSE

4 YEARS

Physical

- o Can hop
- o Stands on one foot up to 2 seconds
- o Catches a bounced ball most of the time
- o Can pour liquids
- o Cuts with supervision
- o Mashes own food
- o Fastens clothing

Socio-emotional

- o Likes doing new things
- o Pretend plays to be “Mom” and “Dad”
- o Shows more creativity with imaginary play
- o Interacts with other children more and more
- o Able to cooperates with other children
- o Often can’t differentiate between what’s real and what’s make-believe
- o Talks about likes and interests
- o Able to separate from mom and dad easily
- o Shows sympathy and concern for others.

Language/Communication

- o Understands some basic rules of grammar, such “he” and “she”
- o Knows from memory a simple song such as “Itsy Bitsy Spider” or the “Wheels on the Bus”
- o Can tell a simple story
- o Can say first and last name

Cognitive

- o Identifies some colors and some numbers
- o Understands the concept of counting
- o Starts to understand time
- o Remembers part of a story
- o Understands “same” and “different”
- o Draws a person with 2 to 4 body parts
- o Can manipulate scissors
- o Begins to copy some capital letters
- o Plays board or card games
- o Can anticipate what will happen in a storybook



THE LITTLE
THERAPY HOUSE

5 YEARS

Physical

- o Stands on one foot for 10 seconds or longer
- o May be able to skip
- o Able to do a somersault
- o Uses a fork and a spoon (May use table knife)
- o Can use the toilet independently
- o Swings and climbs
- o Can catch a medium-sized ball from 5 feet away
- o Throws a ball and hits target
- o May be able to ride a bike

Socio-emotional

- o Has a desire to please others
- o Has special friends
- o Wants to be like friends
- o More likely to comply with rules
- o Shows awareness of gender
- o Able to differentiate between real and what's make believe
- o Can be both demanding and cooperative

Language/Communication

- o Speaks more clearly
- o Able to tells a simple story using full sentences
- o Uses future tense (e.g. mom will be here soon)
- o Says name and address

Cognitive

- o Counts up to 10 or more
- o Can draw a person with at least 6 body parts
- o Can print some letters or numbers
- o Copies a triangle and other geometric shapes
- o Knows about things used every day (e.g. money and food)



THE LITTLE
THERAPY HOUSE