







Developmental milestones for preschoolers

Age	 Cognitive (learning, thinking, problem-solving)	 Social and emotional (skills with others)	 Physical development (movement and muscles)
<p>3 years</p>	<ul style="list-style-type: none"> Plays make-believe with dolls, animals, and people Can put together a puzzle with 3 or 4 pieces Turns book pages one at a time Builds towers of 6 or more blocks Can work with buttons, levers, and moving parts Plays pretend with dolls, animals, and people Understands meaning of "two" 	<ul style="list-style-type: none"> Enjoys helping with simple chores Takes turns during play Shows concern for crying friend Likes to play alone or near other children Will play with another child for a short time Understands the idea of "mine," "his," and "hers" Shows wide range of emotions 	<ul style="list-style-type: none"> Can dress himself with help Can feed herself using a small spoon and fork Can stand, balance, and hop on one foot Jumps with both feet Can pedal a tricycle Walks up and down stairs, one foot on each step Uses toilet (some help may be needed)
<p>4 years</p>	<ul style="list-style-type: none"> Can pick out colors – red, yellow, blue Can count 7 things Can sort by shapes and colors Remembers parts of a story Understands ideas of same, different, tallest, biggest, more, on, in, over, under Can draw a person with 2-4 body parts Uses scissors Works at one activity for 10 – 15 minutes Plays board or card games 	<ul style="list-style-type: none"> Enjoys playing with other children Takes turns and is able to share (most of the time) Is more creative with pretend play Has difficulty telling the difference between real and make-believe 	<ul style="list-style-type: none"> Can dress herself with little help Hops and stands on one foot Runs, jumps and hops Can stack 10 or more blocks Throws a ball easily Catches a bounced ball most of the time Brushes teeth, combs hair, and hangs up clothes with little help Pours, cuts with supervision, and mashes own food May be able to print own name

continued...

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<p>5 years</p>	<ul style="list-style-type: none"> Counts 10 or more things Can draw a person with at least 6 body parts Can print some letters or numbers Understands that stories have a beginning, middle, and end Sorts objects by size 	<ul style="list-style-type: none"> Wants to please friends Likes pretend play with other children Shows concern for others Is aware of gender Makes up games with simple rules Has an understanding of right and wrong Shows more independence 	<ul style="list-style-type: none"> Uses a fork, spoon, and sometimes knife to eat Skips and runs on tiptoe Uses toilet on her own May be able to skip Jumps rope May be able to tie shoelaces

References

Centers for Disease Control and Prevention. "Important milestones: Your child at three years." Retrieved March 6, 2013. <http://www.cdc.gov/ncbddd/actearly/milestones/milestones-3yr.html>

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