



Woman's

Developmental Milestones 3–5 Years



The Preschool Years are when children begin to assert their independence and make choices. All children develop at different rates, but there are general developmental milestones that children are expected to attain at a certain level.

Developmental milestones can be utilized to determine an expected age of achievement in the areas of physical development, communication, and social/emotional development.

3–4 years

Physical Development:

- Climbs up and down well
- Easily runs
- Walks up and down stairs, one foot on each step
- Pedals a tricycle
- Has increased control of hands and use of fingers
- Buttons and zips clothes
- Kicks/bounces/catches a ball
- Dresses self
- Uses toilet independently
- Paints and draws
- Threads beads
- Jumps/hops/skips

Social/Emotional Development:

- Has decreased separation anxiety
- Takes turns when playing games
- Demonstrates empathy
- Mimics adults and friends
- Demonstrates a wide variety of emotions

Communication/ Language Development:

- May have a vocabulary of over 1000 words
- Answers simple “wh” questions
- Knows his/her name and gender
- Uses pronouns, such as I, you, me, we and they
- Uses some plural words, like toys, birds and buses
- Can be understood by unfamiliar listeners
- Asks when and how questions
- Puts 4 words together
- Talks about what happened during the day
- Carries on a conversation
- Tells how an object is used
- Sings songs
- Knows several nursery rhymes



4-5 years

Physical Development:

- Catches a bounced ball
- Hops and stands on one foot up to 2 seconds
- Can bend over without falling
- Walks forward and backward easily
- Helps put on and take off clothing
- Brushes teeth with assistance

Social/Emotional Development:

- Talks about likes and interests
- Enjoys trying new things
- Plays cooperatively with other children
- Prefers to play with other children
- Demonstrates pretend play
- Demonstrates increased play skills, such as make-believe

Communication/Language Development:

- Says all speech sounds in words. May make mistakes on sounds that are harder to say, like l, s, r, v, z, ch, sh and th
- Can correctly name at least 3 shapes and colors
- Names letters and numbers
- Uses sentences that are more complex
- Keeps a conversation going
- Uses "he" and "she" appropriately
- Can say first and last name
- Demonstrates an increased attention span