

Child Development

3 to 4 Years Old

BY THE AGE OF 4 YEARS, A CHILD SHOULD...

Fine Motor:

- Draw a circle
- Hold a pencil using an “adult” 3-fingered grasp
- Put together simple puzzles
- Cut with scissors along a line
- Draw a face
- Stack 10 blocks
- Color in pictures, may have difficulty staying in the lines.

Gross Motor:

- Walk up and down stairs alternating feet without holding onto railing
- Jump at least 12” forward landing on both feet
- Catch a large ball using hands; does not trap against body
- Bounce and catch a large ball
- Pedal a tricycle and can steer to maneuver around objects

Self-Help:

- Eat most food in tidy manner; use a fork
- Pull up pants
- Put on own socks
- Put shoes on correct feet
- Close snaps
- Undress independently; may still need help or supervision to dress

Social/Play Skills:

- Look at person when speaking
- Begin to take turns, although may still have some difficulty
- Play with a group of 3 or more children
- Begin dramatic play (pretends to cook dinner, drive a car, etc.)

If you have concerns about your child’s development in any of these areas, he/she may benefit from an Occupational Therapy evaluation.