

4-5 year Milestones Checklist

Yes

No

Communication

Understands spatial concepts, such as "behind" or "next to"

Describes how to do things, such as painting a picture

Lists items that belong in a category, such as animals or vehicles

Follows some 3 step requests

Speech is understood by familiar and unfamiliar listeners almost 100% of the time

Starting to use complex and/or compound sentences

Starting to understand rhyming concepts

Uses imagination to create stories

Engages in conversations

Motor

Walks up and down steps with an alternating pattern without handrail

Catch and throw a ball overhand

Skip and hop on 1 foot consistently

Walk backward without falling

Stand on one foot for 10 seconds or longer

Begins to jump rope

Cuts out simple shapes

Copies a square

Traces first name

Can print some capital letters

Colors inside the lines (mostly)

Dresses self (likely still requiring assist for buttons, snaps, ties)

Uses utensils to feed self

Sensory

Can tolerate touching different textures for play and feeding

Does not become overly distressed with loud sounds

Tolerates/enjoys swinging

Transitions without significant meltdowns between activities

Tolerates losing or "failures" without significant meltdowns

No significant aversions to clothing textures

Feeding

Circulatory jaw movements improve - "adult like" rotary chew

Chews with lips closed, breathes through nose

Working further on increasing speed, strength and efficiency

Eating bigger and bigger pieces of harder to chew table foods

Minimal Spilling - using utensils appropriately