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## **4 YEAR OLD**

**Date of Visit:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**Head Circumference:** \_\_\_\_\_

## **Milestones**

### **Motor Development: Gross Motor Skills**

- running is more controlled; can start, stop, and turn
- turns somersaults; hops on one foot; gallops
- can easily catch, throw, and bounce a ball
- can brush teeth, comb hair, wash, and dress with little assistance

### **Motor Development: Fine Motor Skills**

- copies crosses and squares
- prints some letters

- uses table utensils skillfully
- cuts on a line

### **Language and Thinking Development**

- uses a 1,500-word vocabulary; speaks in relatively complex sentences ("Mommy opened the door and the dog ran out.")
- understands words that relate one idea to another — if, why, when
- continues to learn through experience and the senses
- understands, mostly, the difference between fantasy and reality
- understands number and space concepts — more, less, bigger, in, under, behind
- thinks literally; starting to develop logical thinking
- begins to grasp that pictures and symbols can represent real objects
- starts to recognize patterns among objects — round things, soft things, animals
- grasps the concepts of past, present, and future but does not understand the duration of time

### **Social and Emotional Development**

- takes turns, shares, and cooperates
- expresses anger verbally rather than physically
- can feel jealousy
- may sometimes lie to protect herself, but understands the concept of lying
- enjoys pretending and has a vivid imagination

## **Vaccines**

Diphtheria, Tetanus and Acellular Pertussis  
Polio Vaccination  
MMR (Measles, Mumps, Rubella)  
PPD (Tuberculin)  
CBCD, Lead Levels

## **Tips for Parenting 4-Year-Olds**

Silly, imaginative, and energetic, your child loves to try new words and new activities.

- 4-year-olds crave adult approval. Provide lots of positive encouragement.
- Display calendars and analog clocks to help your child visualize the concept of time.
- Play word games to develop his growing vocabulary; overlook his fascination with bad words.
- Offer opportunities for sorting, matching, counting, and comparing.
- Provide lots of play space and occasions to play with other kids.