



Developmental Milestones (3-4 years)




Patient Factsheet

Released June 2017

What is it?

GPs use milestones to track your child's development. Milestones are the skills and tasks children can do at different ages.

If your child is not meeting one or more milestones, there may be a cause for concern. See the developmental concerns in children factsheet for more information and supports.

DOMAIN	MILESTONE	NEEDS ASSESSMENT
Fine Motor 	<ul style="list-style-type: none"> • Holds a pencil, crayon or approximately like an adult • Colours a simple picture attempting to stay within the lines • Copies a circle 'O' and cross '+' • Draws a person with a head and one other body part.. • Cuts forward along a 10cm line • Puts together a six-piece jigsaw puzzle • Opens a lunch box and screws • Unscrews lid off drink bottle • Washes and dries own hands • Uses a spoon/fork with little spillage • Dresses and undresses with some assistance for small buttons • Play includes things seen on TV/books • Dolls or teddies have characteristics e.g., naughty or tired 	<ul style="list-style-type: none"> • Can't hold a pencil at all, or still holding in a fisted grasp with pencil in palm of hand • Not interested in drawing at all • Not drawing simple pictures • Not assisting or interested in trying to groom and bath • Unable to dress • Continually seeking out certain textures, sounds, or movements • Sensitive to or avoids certain textures, sounds, or movements
Gross Motor 	<ul style="list-style-type: none"> • Attempts to pedal a tricycle (3 years) and successful (4 years) • Walks up stairs with alternate feet • Throws ball over arm • Catches a medium sized ball from one to two metres with arms held out • Kicks ball forcibly • Plays well on outdoor playground equipment such as climbing and slippery slides • Able to run, change directions, step over obstacles without falling over frequently 	<ul style="list-style-type: none"> • Can't walk up and down stairs with one foot per step • Awkward heavy running with lots of arm movement • Not able to climb (may be fearful, anxious) • Can't pedal a tricycle • Can't catch or kick ball
Social Skills 	<ul style="list-style-type: none"> • Beginning to play cooperatively with others • Imitates adult movements and tasks • Can separate from caregiver in familiar places • Shows guilt or embarrassment • Shows empathy • Experiences tantrums but able to be calmed down 	<ul style="list-style-type: none"> • Plays alone or alongside other children rather than being cooperative • Unable to take turns or share • Persistent frustration if other children attempt to participate in play • Can't separate from parents without crying • Play remains receptive and physical, with little play representing what people do e.g. shopping, police officer, driving a truck • Does not respond to appropriate behavioural management strategies

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resources Directory is an initiative of South Western Sydney PHN

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SYDNEY

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DOMAIN

MILESTONE

NEEDS ASSESSMENT

Speech & Language



- Follows more complex instructions with two to three parts that are not part of a daily routine e.g. find your shoes, and then get a book off the table
- Understands location words: in, on, under, next to.
- Identifies colours
- Uses sentences to express ideas, to comment, entertain themselves during imaginative play and asks questions e.g. "what's this?"
- Is understood by an unfamiliar listener
- Can say sounds: f, sh, ch, l, s, z including clusters e.g., 'spoon' instead of 'poon'
- Talks about recent experiences and participates in short conversations

- Awkward sentences, missing grammatical elements
- Talks on and on rather than taking turns
- Can't tell a simple story or recent event
- Strangers not able to understand
- Limited or very fixed interests
- Frustration at not being able to express thoughts
- Still need to simplify what you say for them to understand

Cognitive



- Complex play with stories with different roles
- Able to compare objects higher or longer
- Counts to five
- Counts objects as well as rote counting
- Can repeat four numbers

- No recognition of written numbers and letters
- Unable to point to and count objects
- Unable to draw a human face



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