



Developmental Milestones (4-5 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



- Holds a pencil, crayon like an adult with good pressure / control on paper (ask parent to describe grasp)
- Colours a simple picture staying mainly within lines
- Can copy a square, a cross, straight lines
- Can draw a recognisable person with a head, facial features, arms and legs.
- Cuts around simple straight lined shapes
- Puts together a 10 to 15 piece jigsaw puzzle
- Opens a container or lunch box
- Can screw and unscrew a lid off drink bottle
- Zips bag or pencil case
- Washes and dries own hands
- Uses a fork and spoon competently
- Dresses and undresses including buttons and zippers
- Play involves imaginary subplots or problems e.g. car breaks down – how do we fix it?
- Can cooperate and negotiate in play

Gross Motor



- Runs well, negotiates corners
- Goes up and down stairs using alternate feet
- Hops on one foot
- Catches a small ball
- Stands on one leg for four to eight seconds
- Jumps consecutively maintaining rhythm four to five times

Cognitive



- Identifies coins and notes
- Counts 10 to 20 objects
- Understands concepts of morning, afternoon
- Can compare objects e.g. faster, slower.
- Can complete simple activities before moving to a new activity e.g. jigsaw puzzle



- Unable to thread using large needle
- Unable to copy (draw) basic shapes (triangle, circle, lines)
- Unable to copy letters that are recognisable
- Not drawing simple pictures
- Difficulty using a pencil and scissors
- No clear hand preference (where it affects performance in everyday activities)
- Continually seeking out certain textures, sounds, or movements
- Sensitive to or avoids certain textures, sounds, or movements

- Loses balance easily when moving
- Awkward and uncoordinated running, stumbling, frequently tripping over
- Fears or avoids playground equipment
- Not able to stand on one foot more than two to three seconds
- Not able to hop on one foot more than four to five times (either leg), or able to hop on one foot only
- Not able to catch, throw, or kick a ball
- Not able to pedal a tricycle or a bike with trainer wheels

- Unaware of money, number and time concepts
- Play is different in quality than friends'
- Concerns about school readiness
- Difficulty completing activities without getting distracted or bored e.g., jigsaw puzzle

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DOMAIN	MILESTONE	NEEDS ASSESSMENT
Speech & Language 	<ul style="list-style-type: none">• Asks many questions• Says sounds: 'J' (in addition to: w, p, b, k, g, t, d, n, m, h, y, f, sh, ch, l, s, z, blends 'sp', 'sm')• Understands location words: "behind, in front, above, below"• Retells what happened in a story or something they have done• Can identify the first sound in the word• Knows the names of letters and what sounds they make• Understands numbers and quantity concepts• Nearly all sentences are correct• Speech is easily understood	<ul style="list-style-type: none">• Regular trouble with finding individual words• Often makes grammatical mistakes• Unable to respond to questions e.g. what, why• Can't understand or explain meanings of common words• Mistakes with grammar, tense, personal pronouns or prepositions• Concerns from pre-school teachers about whether the child is able to understand• Unable to repeat longer sentences (eight words or more)
Social Skills 	<ul style="list-style-type: none">• Shows desire to please caregiver• Recognises emotions in self and others• Shows guilt or embarrassment• Shows empathy• Separates from parents easily• Can focus on teacher or worker, and concentrate for some time• Steers self back to task after being distracted• Asks for help• Expresses frustration or anger without harming others or escalating self too much• Responds to appropriate behaviour management	<ul style="list-style-type: none">• Not independent with eating and dressing• Unable or not interested in participating in group games and activities• No problem-solving skills if they don't get their own way• Not responding to appropriate behaviour management strategies

