

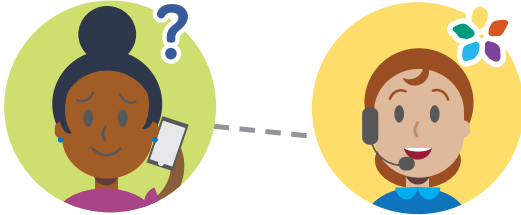


A Developmental Guide for Children 4-8 years old



**MILESTONES &
ACTIVITIES**





**Help Me Grow[®] Florida
is a FREE over-the-phone
resource that connects
children, families, and
caregivers to the
services they need.**

Call

2.1.1

**AND ASK FOR
HELP ME GROW**

4 YEAR-OLD MILESTONES

Language & Cognition



- Says sentences using four or more words
- Says some words from a song, story, or nursery rhyme
- Names a few colors of items
- Tells what comes next in a well-known story

Physical



- Catches a large ball most of the time
- Serves themselves food with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb (not a fist)

Social-Emotional



- Pretends to be something else during play (teacher, superhero, dog)
- Comforts others who are hurt or sad
- Likes to be a “helper”
- Adjusts behavior depending on the setting



4

YEAR-OLD KNOWLEDGE CHECK

Draw a face

Name these shapes & colors



What are these items used for?



Trace these letters



5 YEAR-OLD MILESTONES

Language & Cognition



- Answers simple questions about a book or story after it's read or told to them
- Recognizes simple rhymes (bat-cat, ball-tall)
- Names some numbers & letters when you point to them
- Uses words about time, like "yesterday," "tomorrow," "morning," or "night"
- Pays attention for 5-10 minutes during activities (screen time does not count)

Physical



- Buttons some buttons
- Uses scissors
- Hops on one foot
- Draws shapes

Social-Emotional



- Follows rules like taking turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home



5

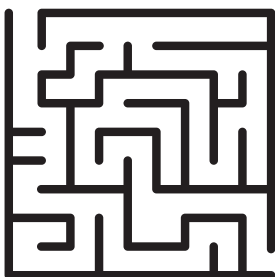
YEAR-OLD KNOWLEDGE CHECK

Write your name

Name these numbers

5, 3, 9, 4

Mini maze



Chore chart

On a separate piece of paper, create a plan to tackle your chores. Use morning, afternoon, and night to organize when the chores need to be scheduled.



6 YEAR-OLD MILESTONES

Language & Cognition



- Counts out 10 items assigning a number to each item as they count
- Writes letters and words
- Reads age-appropriate books and sight words
- Does simple math like adding and subtracting

Physical



- Skips or gallops
- Jumps rope
- Writes their name, most letters, and numbers
- Draws a picture of a person with at least eight body parts

Social-Emotional



- Makes greater effort to understand others' feelings
- May be prone to jealousy
- May demonstrate frustration when mastering a new skill



6

YEAR-OLD KNOWLEDGE CHECK

Read these sight words

Went Saw Good
Am She

Word search

Use a magazine or book to spot the sight words listed above. Cut the words out using scissors.

1,2,3

Look around you. Count how many people, animals, and chairs you see. Which had the most, least, or the same amount?

Roleplay

Pretend you are meeting a new friend. Introduce yourself to a stuffed animal or puppet. Practice by asking them to play with you.

Hello!



7

YEAR-OLD MILESTONES

Language & Cognition



- Understands the concept of minutes, hours, days, and months
- Articulates thoughts and feelings and is understood by people outside of their immediate family
- Mastered the basic skills of reading and writing, but may have difficulty sounding out harder words

Physical



- Demonstrates physical skills that require coordination such as climbing, swimming, and riding a bike
- Writes first and last name clearly
- Cares for themselves independently (brushes, flosses, dresses, ties shoes, and bathes)

Social-Emotional



- Shows empathy
- Develops deeper friendships
- Becomes more self-conscious

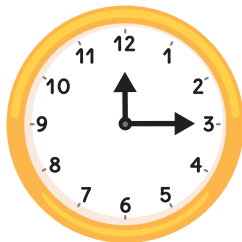


7

YEAR-OLD KNOWLEDGE CHECK

Time check

What time is this clock showing?



Read the following

The van is
GREEN.



The pan is
HOT.



Say this word

“Thing”

(should sound like
thing, not “fing”)



8 YEAR-OLD MILESTONES

Language & Cognition



- Reads age appropriate chapter books
- Engages in complex conversations
- Understands currency, lengths of time, and fractions
- Counts backwards

Physical



- Shows improved balance
- Moves more fluidly when turning, spinning or jumping
- Writes smaller and neater; letters will be similar size
- Uses tools or instruments

Social-Emotional



- Takes pride in their schoolwork or teamwork
- Develops self-identity
- Desires to be part of a team, club, or organization
- Takes on more responsibilities like washing laundry or caring for a pet



8

YEAR-OLD KNOWLEDGE CHECK

Word search



Word bank

Too	Talks	Almost	So	Don
Most	To	Left	Done	Aft
Every	Soot	Do	Talk	Sat
Toe	Eve	Laugh	At	Met

Solve these

$20 - 5 =$

$7 - 6 =$

$6 + 7 =$

$20 + 5 =$

Freeze dance

Ask an adult to turn on music. Run, jump, and spin while listening. Freeze when the music stops!





**ONCE YOU READ THE
MILESTONES AND
COMPLETE THE
KNOWLEDGE CHECK,
CALL 2-1-1 AND ASK
FOR HELP ME GROW
TO SPEAK TO A
CARE COORDINATOR
ABOUT YOUR CHILD'S
DEVELOPMENT.**





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