Now that I am 4 years old… I should be able to:

Tips for Home

- Encourage your child to undress and dress independently. Help only in the parts they have difficulty with.
- At mealtimes encourage your child to eat their meal independently. Prepare to get messy!
- Provide a range of manipulative activities, e.g. play dough, drawing, cutting, gluing, puzzles, beads and pegboards.
- Build some outside playtime into your day, use your local parks or your backyard to run, climb, swing, jump and play ball.
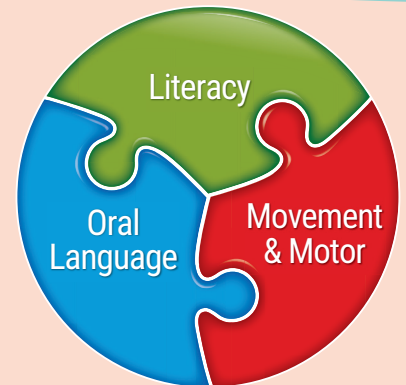- Join in activities with your child. It is more fun to play together.

Causes For Concern

- Avoids or has difficulty with hand activities, e.g. drawing, puzzles or scissor use.
- Has difficulty with dressing or eating.
- Stumbles or falls frequently or often bumps into people or objects.
- Has trouble keeping their eyes on what they are doing.
- Avoids or dislikes messy play or unexpected touch.
- Seems very busy and isn't able to calm or quiet themselves.
- Avoids or dislikes equipment that is fast moving or off the ground, e.g. swings, roundabouts.
- Has difficulty matching colours, sizes and shapes.

Should you have any concerns about your child's movement or motor development, consult an Occupational Therapist.

Use My Body

- To pedal a small trike
- Run around
- Climb up stairs
- Kick, catch and throw a large ball
- Balance on each foot for a moment
- Stand on tip toe
- Jump with both feet
- Sway and march to music
- Begin to hop on one foot

Use My Hands

- To do simple finger actions to songs
- Build with construction toys
- Hold my pencil with my thumb and fingers and draw simple lines
- Manipulate large buttons
- String beads onto a shoelace
- Complete simple puzzles
- Use scissors to make simple cuts

Make Sense of the World

- Recognise up to five colours
- Show my age using my fingers
- Count five objects aloud
- Put two halves of a picture together
- Understand hot and cold
- Start to remember details on a picture
- Start to sort real objects

Literacy

Oral Language

Movement & Motor