

4 year old Healthy Kid's check

Childs Name: _____

DOB: _____



Pre-schoolers come in all shapes and sizes, but pre-schooler development at 4 years of age typically have a few things in common. Here's what your pre-schooler might be doing, and if not when to discuss any underlying problems with your GP for early referral intervention.

All children will develop at different rates. Please complete this development milestone form as accurately as possible, and you will be able to discuss it with your GP at your child's next visit. **Please circle correct answer.**

AN AVERAGE CHILD CAN....	SIGNS OF POSSIBLE PROBLEMS INCLUDE....
Gross Motor	
Walk alone up and down stairs, one foot per step	Not able to walk up and down stairs with one foot per step
Run well on flat surface, turning sharp corners	Awkward, heavy running, with lots of arm movements
Climb playground ladders and other equipment easily	Not able to climb(maybe fearful, anxious)
Ride tricycle and pedals easily	Can't pedal a tricycle.
Catch, bounce, throw and kick a ball	Can't catch, throw or kick a ball.
Fine Motor	
Hold a pencil between thumb and 1-3 other fingers	Not holding a pencil at all, or still holding in a fist with pencil in palm of hand.
Draw a basic human figure	Not interested in drawing at all.
Draw other simple pictures (e.g. a house)	Not drawing simple pictures.
Brush teeth with supervision	
Wipe after using toilet	Not assisting or interested in trying to groom or bath
Dress except for hard to reach buttons, bows and shoelaces	Unable to dress
Talking and understanding	
Use two or more personal pronouns (I, you, he, she)	Awkward sentences, missing grammatical elements
Name colours and shapes	

Hold conversations	Talk on and on rather than taking turns with talking.
Tell story in past and future tense	Cannot tell a simple story of recent events
AN AVERAGE CHILD CAN	Signs of possible problems include
Repeat back a sentence of 10 sounds	
Be easily understood by strangers	Strangers not able to understand.
Understand human feelings (e.g. cold, tired, hungry)	
Give first and last name	
	Limited or very fixed interest
	Frustration at not being able to express thoughts
Understands prepositions (e.g. in, out and beside)	Still need to simplify what you say for them to understand
Social	
Do up buttons, put on socks and shoes	
Name age in years	
Play cooperatively with other children	Plays alone or alongside other children rather than cooperating
Begin to play games in groups with simple rules	Unable to take turns or share
Fully undress	
Create play reflecting complex social situations	
	Persisting frustration if other children attempt to participate in play
	Cannot separate from parents without crying
	Play remains repetitive and physical, with little play representing what people do (e.g. shopping, police officer, driving a truck).
Intellectual	
Create play with stories and different roles.	Play doesn't ever represent what people do (e.g. shopping, driving a truck, nurse)
Able to compare objects as higher or longer	
Count to five	No recognition of written numbers/ letters
Counts objects as well as rote counting	Unable to point to and count objects
Repeat back four numbers	
	Unable to draw a human face.

Are you concerned about your child's eyesight: YES / NO

Are you concerned about your child's hearing: YES / NO

Do you have any concerns about your child's behaviour: YES / NO

Is your child a fussy eater: YES / NO

Does anything about your child worry you: YES / NO