



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Growth and Development: 3-4 Years

Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk and talk are some of the more major developmental "milestones" your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's below as guidelines.

At the ages noted, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because he or she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember a "no" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his or her own pace and may sometimes develop same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- major differences between your child's development and the "milestones"
- your child does not yet do many of the things usually done at his or her age

3 Years

Can your child name at least one picture when you look at animal books together?

Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet?

Can your child answer simple questions?

Does your child help put things away?

Can your child answer the question, "Are you a boy or girl?"

Can your child name at least one color?

4 Years

Can your child pedal a tricycle at least 10 feet forward?

Does your child play hide-and-seek, cops-and-robbers, or other games where he/she takes turns and follows rules?

Can your child name pictures in books or magazines?

Can your child tell you what action is taking place in a picture?

Does your child use action words (verbs)?

Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend?

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.

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