

# MILEMARKERS

## 4-5 years old

*How is your child doing?*

Please check “Y” for YES (if your child can complete that activity independently) or “N” for NO (if your child still needs help with that activity).

If your child cannot do 2 or more of these activities in any category, then they may benefit from an evaluation.

<p><b>Physical Therapy Milestones</b></p>	<p>[Y] [N] Gallops            [Y] [N] Walks on a line            [Y] [N] Hops on 1 foot            [Y] [N] Stands on 1 foot            [Y] [N] Jumps down from 12 inches with feet together            [Y] [N] Walks up &amp; downstairs, alternating feet            [Y] [N] Runs well, able to stop &amp; avoid obstacles            [Y] [N] Stands on 1 foot for 8-10 seconds            [Y] [N] Throws a ball to target            [Y] [N] Performs somersaults (forward roll)            [Y] [N] Skips, alternating feet            [Y] [N] Hops 5x or more on one foot            [Y] [N] Begins to jump rope            [Y] [N] Able to walk forward &amp; backward on a balance beam</p>
<p><b>Occupational Therapy Milestones</b></p>	<p>[Y] [N] Can snip with scissors            [Y] [N] Goes to the bathroom with assistance            [Y] [N] Indicates needs for toileting            [Y] [N] Beginning to share toys with peers            [Y] [N] Can get undressed with help for fastenings            [Y] [N] Imitates simple lines &amp; shapes            [Y] [N] Can build a tower with blocks            [Y] [N] Puts on shoes - may be on the wrong feet            [Y] [N] Manipulates snaps, zippers, &amp; medium size buttons            [Y] [N] Completes 8 piece inset puzzle            [Y] [N] Can cut along a line            [Y] [N] Enjoys playground activities (not fearful when leave the ground)</p>
<p><b>Speech Therapy Milestones</b></p>	<p>[Y] [N] Begins to use pronouns   Example: “You, I”            [Y] [N] Identifies colors            [Y] [N] Uses most speech sounds but may distort more difficult ones   Example: L,R, S, Sh, Ch, Y, V, Z, &amp; Th            [Y] [N] Strangers are able to understand most of what is being said            [Y] [N] Able to describe the use of objects            [Y] [N] Uses verbs   Example: “eating, running”            [Y] [N] Understands complex sentences            [Y] [N] Speech is understandable but may make mistakes pronouncing long, difficult, or complex words   Example: “Hippopotamus”            [Y] [N] Uses some irregular past tense words   Example: “ran, fell”            [Y] [N] Answers why questions            [Y] [N] Lists items that belong in a category</p>

**If you have any questions, please call Milemarkers at 928-854-5439.**