



Milestones Matter

Your Child at 4 Years

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Children Do by 4 Years

Social/Emotional

- Enjoy doing new things
- Are more and more creative with make-believe play
- Would rather play with others than by themselves
- Cooperate with other children
- Often can't tell what's real and what's make-believe
- Talk about what they like and are interested in

Hearing/Language

- Know some basic rules of grammar
- Sing a song or say a poem from memory
- Tell stories
- Say first and last name
- Respond when you call from another room

Cognitive (learning, thinking, problem-solving)

- Name some colors and numbers
- Understand the idea of counting
- Start to understand time
- Remember parts of a story
- Understand the idea of "same" and "different"
- Draw a person with two to four body parts
- Use scissors
- Start to copy some capital letters
- Play board or card games
- Tell you what they think is going to happen next in a book

Movement/Physical Development

- Hop and stand on one foot for up to two seconds
- Catch a bounced ball most of the time
- Pour and cut with supervision and mash own food

You Know Your Child Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children
- Resists dressing, sleeping and using the toilet
- Can't retell a favorite story
- Doesn't follow three-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

You Can Help Your Child Learn and Grow

Here are some activities to enjoy with your child.

- Play make-believe with her
- Give him simple choices whenever you can
- Let her solve her own problems during play dates
- Encourage him to use words, share toys and take turns
- Use good grammar when speaking to him
- Use words like "first," "second" and "finally"
- Answer her "why" questions
- When you read with him, ask him to tell you what happened in the story as you go along
- Count and say the colors of common items

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation. You can also sign up for a free online hearing and language screening with a speech-language pathologist from Boys Town National Research Hospital at <http://bit.ly/hearing-language-screening> or by calling (531) 355-5610. The screening will let you know if more hearing or language testing is needed for your child.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Bellevue Public Schools
402-293-4000

Gretna Public Schools
402-332-3265

Bennington Public Schools
402-238-3044

Millard Public Schools
402-715-8302

DC West Community Schools
402-359-2583

Northwest Area Educational Agency
712-222-6050

Elkhorn Public Schools
402-289-2579 ext. 11000

Omaha Public Schools
531-299-0242

Fremont Public Schools
402-727-3084

Papillion-La Vista Community Schools
402-514-3243

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Westside Community Schools
402-390-2100

