

SPEECH, SWALLOWING, & VOICE SPECIALISTS OF HAWAII

***** (Mobile DSS, LLC) *****

4-6 YEARS MILESTONES

SPEECH & LANGUAGE MILESTONES	YES	NO
<i>(Closer to 4-5 years old)</i>		
Understands word for order such as <i>first, next, and last.</i>		
Understands words for time, such as <i>yesterday, today, and tomorrow</i>		
Follows longer directions, such as "Get the box of crayons, find some paper, and pick out 3 colors."		
Understands most of what is said at home and at school		
Says all speech sounds in words. May make mistakes on some sounds, such as <i>l, s, r, v, z, j, ch, sh, and th.</i>		
Names letters and numbers		
Tells a short story		
Talks in different ways depending on the listener and place. Uses short sentences with younger children and talks louder outside than inside.		
FEEDING/SWALLOWING MILESTONES	YES	NO
Uses utensils to pick up pieces of food		
Eats diet rich in various foods, temperatures, and textures		
Can drink from a cup and straw without dribbling		
<i>(Closer to 6 years old)</i>		
Able to eat without making a mess		
Aware when food is on mouth or face		
SOCIAL/EMOTIONAL/COGNITIVE MILESTONES	YES	NO
Enjoys doing new things		
Plays "Mom" and "Dad"		
Is more and more creative with make-believe play		

If you have concerns about your child, please call/email today to schedule your free 15-minute telephone consultation. We are here to help!

Phone: 808-207-8100

Email: terry@mobiledss.com

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
Would rather play with other children than alone		
Cooperates with other children		
Often can't tell what's real and what's make-believe (until closer to 5 years old)		
Talks about what he/she likes and is interested in		
Can have simple conversation		
Takes turns with peers		
Willing to share toys		
Interested in exploring/playing in new social situations		
Able to play with one toy or them for 15-minute time periods		
Able to transition to a new environment/activity		
Able to cope with unexpected change		
Wants to please friends		
Wants to be like friends		
More likely to agree with rules		
Likes to sing, dance, and act		
Shows more independence		
Is sometimes demanding and sometimes very cooperative		
Names some colors and some numbers		
Understands the idea of counting		
Asks questions for clarification		
Starts to understand time		
Remembers parts of a story		
Understands the ideas of "same" and "different"		
Draws a person with 2 to 4 body parts		
Uses scissors		
Starts to copy some capital letters		
Plays board or card games		
Tells you what he/she thinks is going to happen next in a book		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
Able to complete everyday tasks that have multiple steps, such as dressing		
Frequently wakes up rested and ready for a new day		
<i>(closer to 5-6 years old)</i>		
Counts 10 or more things		
Can draw a person with at least 6 body parts		
Can print some letters or numbers		
Copies a triangle and other geometric shapes		
Knows about things used every day, like money and food		
<i>(At 6+ years old)</i>		
Not overly controlling of daily tasks such as dressing and mealtimes		
Able to follow multiple step directions when motivated		
Can organize self and day to accomplish age-appropriate tasks independently		
Can pay attention in a busy environment such as a classroom		
MOTOR & SENSORY MILESTONES	YES	NO
Hops and stands on one foot up to 2-10 seconds (10 seconds closer to 5 years old)		
Catches a bounced ball most of the time		
Pours, cuts with supervision, and mashes own food		
May be able to skip		
Can do a somersault		
Uses a fork and spoon		
Can use the toilet independently		
Swings and climbs		

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MOTOR & SENSORY MILESTONES (continued)	YES	NO
Able to sit and pay attention		
Mostly comfortable with change		
Participates in crats/activities that involve wet textures (i.e.; glue)		
Usually does not bring non-food objects to mouth		
Able to take a bath or shower, although preference may be present		
Enjoys participating in loud fun settings, such as birthday parties		
Able to pay attention and is not distracted by sounds not noticed by others		

References:

1. Arvedson JC, Brodsky L. *Pediatric Swallowing and Feeding: Assessment and Management*, 2nd ed. Albany, NY: Singular Thomson Learning 2002.
2. ASHA: www.asha.org/public/speech/development/chart/
3. CDC: www.cdc.gov/ncbddd/actearly/milestones/index.html
4. Infant and Toddler Forum: www.infantandtoddlerforum.org
5. Pathways: www.pathways.org

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