



## Age 3 Developmental Check List

By age three your child should be able to:

- Run without falling very often.
- Walk up and down stairs.
- Imitate drawing a circle (even if it is not quite round or closed)
- Build a tower of at least 8 blocks.
- Point to 6 parts of the body (hair, nose, eyes, feet, hands, mouth) when asked.
- Name several objects (like chair, box)
- Follow simple directions.
- Count to 3.
- Repeat simple songs or rhymes.
- Match colors and shapes.
- Put on some clothes without help.
- Speak to most adults and be understood.



## Age 4 Developmental Check List

By age four your child should be able to:

- Stand on one foot for a few seconds without falling.
- Catch and throw a ball.
- Cut with scissors.
- Hold crayons with fingers not fist.
- Ask "how" and "why" questions.
- Answer questions like: "What do you do when you are hungry?"
- Speak in sentences of about 5 words.
- Recognize and name 3 or 4 colors.
- Enjoy playing with other children.
- Dress themselves completely (with help on pullover shirts and sweaters).
- Count to 5.



## Age 5 Developmental Check List

By age five your child should be able to:

- Climb a ladder to a slide.
- Hop on one foot for a short distance.
- Draw a simple house and person.
- Cut with scissors on a straight line.
- Count five objects.
- Copy a picture of a square.
- Explain what objects are used for (example: a knife is used for cutting).
- Understand the concept of "yesterday", "today" and "tomorrow".
- Understand words like "on", "under" and "behind".
- Match colors and shapes.
- Go to the bathroom without help.



## Red Flags! Signs of Possible Problems

- ▶ Rubbing eyes or complaints that eyes hurt.
- ▶ Holding things close to see them.
- ▶ Red or watery eyes.
- ▶ Turned or tilted head when looking at things.
- ▶ Crossing one or both eyes.
- ▶ Trouble or not seeing things that are far away.
- ▶ Having lots of ear aches.
- ▶ Seems to listen with only one ear.
- ▶ Talking very loud or very soft.
- ▶ Seems sad or cries for no reason.
- ▶ Destroys objects without reason.
- ▶ Purposely hurts others or self.

# All About Developmental and Learning Milestones for Your Child



## How Do I Know...

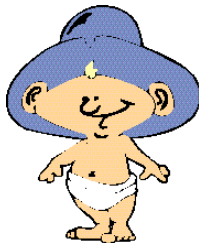
Every parent wants their child to grow up healthy and happy. But how does a parent know?

The first five years of a child's life are very important. It is during this time that the child learns to move about, communicate and interact with the environment around them. They develop learning styles and personalities as well as patterns of behavior they will carry into adulthood.

So how does a parent know if their child's development indicates a problem with movement, communication or learning?

Some children have difficulties with learning and development that can be detected early. Observation and developmental models are tools that can help a parent evaluate their child's progress. Early childhood screening can detect problems as well.

Look at the general developmental models for 3, 4, and 5 year olds. Keep in mind all children do not develop at the same rate but the check lists will give you ideas of things to watch for. If your child has trouble with any of the items listed and you are concerned, we can help you find out if your child may need special help through free early childhood screening.



Anchorage School District

## What if I Suspect...

What if I suspect my child may have a problem?

The school district is required by law to identify and screen all children who may need special education services by age five. The Child Check Program provides FREE screening for children ages 3 to 5.

Screening involves checking your child's vision, hearing, speech, thinking and movement abilities. Specialists will talk with you about your child's history and development. Screening usually takes about an hour and a half.



## How Do I Arrange for...

How do I arrange for screening for my child?

To find out more information about screening or to arrange an appointment to have your child attend a screening session, call the Child Check Program.

Early Intervention Services  
3020 Minnesota Drive  
Anchorage, Alaska 99503  
742-2655 phone  
742-2660 fax

## What if Screening...

What if screening indicates my child may have a problem?

If the screening results suggest that there is a problem, you will be given specific suggestions and recommendations that are individualized for your child.

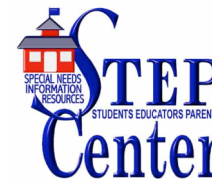
Sometimes the results are indicative of a concern that may not need to be addressed by additional testing. If that is the case then staff will discuss ways you can work with your child to help ensure progress in problem areas.



## What About Younger...

What if my child is younger than three or older than five?

If your child is younger than three and you suspect he/she may have a disability contact: Programs for Infants and Children at 561-8060 in the Anchorage area, or, FOCUS at 688-0282 in the Chugiak-Eagle River area.



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