

# SPEECH, SWALLOWING, & VOICE SPECIALISTS OF HAWAII

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

## 3-4 YEARS MILESTONES

SPEECH & LANGUAGE MILESTONES	YES	NO
Responds when you call from another room		
Understands words for some colors, such as <i>red, blue, and green</i>		
Understands words for some shapes, such as <i>circle and square</i>		
Understands words for family, such as <i>brother, grandmother, and aunt</i>		
Answers simple <i>who, what, and where</i> questions		
Says rhyming words, such as <i>hat-cat and silly-billy</i>		
Uses pronouns, such as <i>I, you, me, we, and they</i>		
Uses some plural words, such as <i>toys, birds, and buses</i>		
Asks <i>when and how</i> questions		
Puts 4 words together. May make some mistakes, such as "I goed to school."		
Talks about what happened during the day. Uses about 4 sentences at a time.		
FEEDING/SWALLOWING MILESTONES	YES	NO
<i>(Usually by 3 years old)</i>		
Rotary (circulatory) jaw rotation		
Chewing with lips closed		
One-handed cup holding and open cup drinking with no spilling		
Using fingers to fill spoon		
Eating wide range of solid food		
Total self-feeding, using fork		
Able to take appropriate bites of food, does not always stuff mouth		
Able to tolerate/cope with most foods offered as part of family meal but foods with tough skin, very tough meats may still be difficult		
Imitates children's eating behavior of same age		

*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

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FEEDING/SWALLOWING MILESTONES <i>(continued)</i>	YES	NO
<i>(Begins closer to 4 years old)</i>		
Uses utensils to pick up pieces of food		
Eats diet rich in various temperatures, and textures		
Can drink from a cup and straw without dribbling		
SOCIAL/EMOTIONAL/COGNITIVE MILESTONES	YES	NO
<i>(Usually by 3 years)</i>		
Plays with other children		
Copies adults and friends		
Shows affection for friend without prompting		
Takes turns in games		
Shows concern for a crying friend		
Understands the idea of "mine", "his", and "hers"		
Shows a wide variety of emotions		
Separates easily from mom and dad		
May get upset with major change in routine		
Dresses and undresses self		
Able to adapt changes in routine		
Can work toys with buttons, levers, and moving parts		
Plays make believe with dolls, animals, and people		
Does puzzles with 3 or 4 pieces		
Understands what "two" means		
Builds towers of more than 6 blocks		
Screws and unscrews jar lids or turns door handles		
<i>(Closer to 4 years)</i>		
Enjoys doing new things		

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SOCIAL/EMOTIONAL/COGNITIVE MILESTONES (continued)	YES	NO
<i>(Closer to 4 years continued)</i>		
Plays "Mom" and "Dad"		
Is more creative with make-believe play		
Would rather play with other children than alone		
Cooperates with other children		
Often can't tell what's real and what's make-believe		
Talks about what he/she likes and what he/she is interested in		
Names some colors and some numbers		
Understands the idea of counting		
Starts to understand time		
Remembers parts of a story		
Understands the idea 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		
MOTOR & SENSORY MILESTONES	YES	NO
<i>(Usually by 3 years)</i>		
Climbs well		
Runs easily		
Pedals a tricycle (3-wheeled bike)		
Walks up and down stairs, one foot on each step		
Jumping in place		
Uses scissors		
Enjoys swinging, being thrown in the air, and roughhousing		

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## 3-4 YEARS MILESTONES

MOTOR & SENSORY MILESTONES (continued)	YES	NO
<i>(Usually by 3 years continued)</i>		
Able to tolerate and stay calm during haircuts and while clipping fingernails		
Able to participate in messy activities that result in dirty hands		
Aware of sensation such as wet underpants		
<i>(Closer to 4 years)</i>		
Hops and stands on one foot up to 2 seconds		
Catches a bounced ball most of the time		
Pours, cuts with supervision, and mashes own food		
Able to sit and pay attention		
Mostly comfortable with change		

*References:*

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

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