

# HELP US GET TO KNOW YOUR CHILD

Lingelstown Christian Nursery School

**CHILD'S NAME:** Last \_\_\_\_\_ First \_\_\_\_\_ Nick Name \_\_\_\_\_  
Gender: Male Female      Birthday \_\_\_\_\_ Form completed on (date) \_\_\_\_\_

## Family History

Have there been any significant changes in your child's life in the past year? (e.g. death, separation, new baby, etc.)

Is there any additional information that would help us to relate to your child (e.g. food likes and dislikes, security items, fears, religious or cultural observations, vegetarian, other languages spoken in the home, etc.)

Do you practice your religious faith in your home as a family? Read the Bible/holy book? \_\_\_\_\_  
Pray? \_\_\_\_\_ Any special traditions?

What form of discipline is used in your home? \_\_\_\_\_

## Social History

Does your child have any experiences playing with other children?      What ages?  
Other preschool experiences?

When your child is upset, how do you comfort him or her? \_\_\_\_\_  
What is your child's dominant hand for using pencil, crayons, etc.      right      left      either

## General Health History

Has your child had any medical problems before or since birth?      Yes      No

Is your child potty-trained?      Yes      No

Is your child in \_\_\_\_diapers?      \_\_\_\_pull-ups?      \_\_\_\_underwear?

Approximately how many hours of sleep does your child get? \_\_\_\_\_

**What are your expectations/goals for your child this year?**

**Please complete the "Learn the Signs. Act Early." Questionnaire in addition to this paper.**

# Your Child at 4 Years



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 4th birthday. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Children Do at this Age:

### Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

### Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

### Cognitive (learning, thinking, problem-solving)

- 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 thinks is going to happen next in a book

### Movement/Physical Development

- 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

## Act Early by Talking to Your Child's Doctor if Your Child:

- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO (1-800-232-4636).**

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)



**Learn the Signs. Act Early.**