

4-6 Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Play and Social Skills		
Is interested in, aware of, and able to maintain eye contact with others		
Enjoys playing in small groups with children of the same age		
Is able to initiate and play with another child of the same age		
Turns head in response to name being called		
Interested in exploring varied environments, such as new playground or friend's house		
Is able to play in new social situations		
Enjoys playing with variety of toys intended for children of the same age		
Is aware of risky and unsafe environments and behavior		
Participates in crafts / activities that involve wet textures, such as glue		
Enjoys rough but safe play with peers, siblings, or parents		
Enjoys swinging on playground swings		
Enjoys playing with new toys		
Is able to locate objects you are pointing to		
Enjoys sitting to look at or listen to a book		
Usually does not bring non-food objects to mouth		
Is able to play with one toy or theme for 15 minute periods of time		
Coordination		
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through new room without bumping into objects or people		
Only leans on furniture, walls or people and sits slumped over when tired		

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	Yes	No
Coordination continued...		
Is able to throw and attempt to catch ball without losing balance		
Coordinates both hands to play, such as swinging a bat or opening a container		
Coordinates hand and finger movement needed to participate in table top games and activities		
Is able to color and begin to imitate shapes		
Uses appropriate force when playing with peers or pets or when holding objects		
Is able to maintain good sitting posture needed to sit in chair		
Daily Activities		
Is able to use utensils to pick up pieces of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear textures of new and varied articles of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is able to tolerate haircuts and nail cutting without crying		
Is able to adapt to changes in routine		
Can take bath or shower, although preference may be present		
Eats a diet rich in various foods, temperatures, and textures		
Can drink from a cup and straw without dribbling		
Need for crashing, bumping and moving fast does not interfere with participation in activities and family life		
Is able to complete everyday tasks that have multiple steps, such as dressing		
Frequently wakes up rested and ready for a new day		

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	Yes	No
Self-Expression		
Is generally happy when not hungry or tired		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Cries and notices when hurt		
Is able to calm self down after upsetting event		
Is able to transition to new environment or activity		
Is able to pay attention and is not distracted by sounds not noticed by others		
Is able to cope with an unexpected change		
Total (out of 50)		