



## Milestones Matter

# Your Child at 4 to 5 Years

How your child plays, learns, speaks, acts and moves offers important clues about his or her development.

### Your Child's Communication

- Produces grammatically correct sentences. Sentences are longer and more complex.
- Includes main characters, settings and words such as “and” to connect information and ideas to tell stories.
- Uses at least one irregular plural form like “feet” or “men.”
- Uses location words like “behind,” “beside” and “between.”
- Correctly uses more words for time such as “yesterday” and “tomorrow.”
- Follows simple directions and rules to play games.
- Locates the front of a book and its title.
- Recognizes and names 10 or more letters and can usually write their own name.
- Imitates reading and writing from left to right.
- Blends word parts like “cup” + “cake” = “cupcake.” Identifies some rhyming words like “cat” and “hat.”
- Produces almost all consonants correctly and speech is understandable in conversation.

**Each child develops uniquely, even within the same family, and may meet certain milestones earlier or later than others.** If your child does not meet many of the milestones within their age range, or if you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference!

**It's also important to note that the communication (hearing, speech, and language) milestones and cutoffs are for American English speakers.** Speech-language development for children who speak languages outside of spoken American English may follow a different sequence or have different rates of mastery by age range.

### You Can Help Your Child Learn and Grow Here are some activities to enjoy with your child.

- **Talk about where things are in space**, using words like “first and last” or “right and left”. Talk about opposites like “up and down” or “big and little”.
- **Talk about categories** like fruits, furniture or shapes. Sort items by category. Have your child tell you which item does not belong and talk about why it doesn't belong.
- **Pay attention when your child speaks.** Respond, praise and encourage them when they talk. Get their attention before you speak. Pause after speaking and let them respond to what you said.
- **Keep teaching your child new words.** Define words and help your child understand them.
- **Teach your child to ask for help when they do not understand what a word means.**
- **Point out objects that are the same or different.** Talk about what makes them the same or different.
- **Act out stories.** Play house, school and store using dolls, figures and dress-up clothes.
- **Tell stories that are easy to follow.** Help your child guess what will happen next in the story. Ask who, what, when, where or why questions about the story.
- **Play games like “I Spy”.** Describe something you see and let your child guess what it is. Let your child describe something they see.
- **Let your child tell you how to do something.**
- **Play board games with your child.**
- **Have your child help you plan daily activities.**
- **Talk to your child in the languages you are most comfortable using.** Be sure to read books in your languages to promote multilingual language and literacy skills.

If you have concerns, you can talk to your child's pediatrician, schedule a clinical evaluation or call your child's school district. You can also use ASHA ProFind ([asha.org/profind](https://asha.org/profind)) to find an ASHA-certified audiologist ([asha.org/public/who-are-audiologists](https://asha.org/public/who-are-audiologists)) or speech-language pathologist ([asha.org/public/who-are-speech-language-pathologists](https://asha.org/public/who-are-speech-language-pathologists)) for an assessment.

For children 1 year (12 months) of age and up, you can also sign up for a free online or in-person speech, language and hearing screening with a speech-language pathologist from Boys Town National Research Hospital by emailing [screenings@boystown.org](mailto:screenings@boystown.org) or calling 531-355-5605. For more information visit [bit.ly/hearing-language-screening](https://bit.ly/hearing-language-screening).

## Clinical Evaluations

**Audiology:** Boys Town National Research Hospital offers pediatric hearing evaluations. Please call 531-355-6520 for appointments.

Boys Town National Research Hospital - Downtown  
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West  
14040 Hospital Rd., Boys Town, NE 68010

Boys Town Council Bluffs Clinic  
320 McKenzie Ave., Suite 202, Council Bluffs, IA 51503

**Speech-Language Pathology:** Boys Town National Research Hospital offers pediatric speech-language evaluations and therapy. Call 531-355-5087 for appointments.

Boys Town National Research Hospital - Downtown  
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic  
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Pediatrics - Maple Street Clinic  
3838 N. 167th Court, Omaha, NE 68116

**Behavioral Health:** Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531-355-3358 for appointments.

Boys Town Center for Behavioral Health  
13460 Walsh Dr., Boys Town, NE 68010

## Educational Evaluations

Your child may qualify for a free assessment through the school district in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287.

Ashland-Greenwood  
Public Schools  
402-944-7083

Bellevue Public Schools  
402-293-4000

Bennington Public Schools  
402-238-3044

Blair Community Schools  
402-426-2610

DC West Community Schools  
402-359-2583

Elkhorn Public Schools  
402-289-2579 ext. 11000

Fremont Public Schools  
402-727-3084

Gretna Public Schools  
402-332-3265

Millard Public Schools  
402-715-8302

Omaha Public Schools  
531-299-0242

Papillion-La Vista  
Community Schools  
402-514-3243

Ralston Public Schools  
402-331-4700

Westside Community Schools  
402-390-2100

Yutan Public Schools  
402-625-2141

