

DEVELOPMENTAL MILESTONES

LITTLE STEPS TO BIG LEAPS

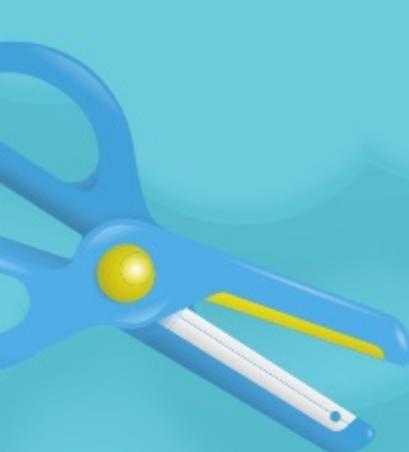
48 Months



finding thabo

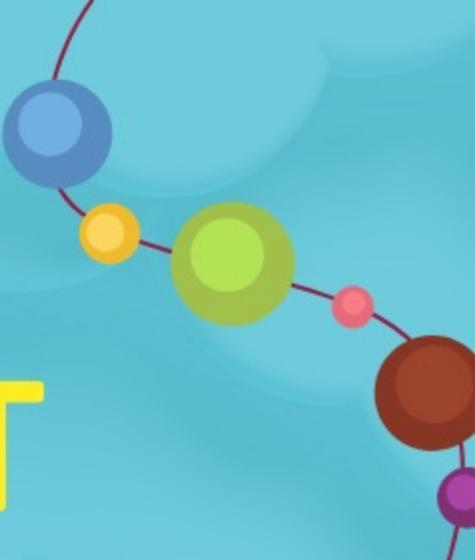
Pick n Pay School Club 

The Development Milestones kindly provided by Associate Professor Catherine Draper



48 Months

FINE MOTOR DEVELOPMENT



INDICATORS:

Builds with blocks

Cuts out an object, close to the line

Threads small beads

HOW TO HELP:

Encourage them to build with anything that looks like blocks, e.g. plastic containers, boxes

Help them cut out shapes with scissors

Let them practice threading beads

finding thabo

The Development Milestones kindly provided by Associate Professor Catherine Draper

Pick n Pay
School Club 



48 Months

GROSS MOTOR DEVELOPMENT



INDICATORS:

Stands on 1 leg for up to 10 seconds
Runs with confidence
Skips for 5-8 steps, with coordination

Throws a ball at a target

HOW TO HELP:

Encourage them to be active, and spend time doing active play with them

Help them practice throwing a ball at a target, e.g. into a big basin or bucket
If they struggle with a small ball, use a big ball instead

finding thabo

The Development Milestones kindly provided by Associate Professor Catherine Draper

Pick n Pay
School Club 

48 Months

COGNITIVE DEVELOPMENT



INDICATORS:

HOW TO HELP:

Tells the difference between shapes
Matches objects according to shape
Names and matches more colours

Use things around the house to help them to identify and match different shapes, e.g. everything that is a circle

Looks for different objects in pictures

Get them to look for and name different colours and objects when looking at pictures

finding thabo

Pick n Pay School Club 

The Development Milestones kindly provided by Associate Professor Catherine Draper

48 Months

SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:

Has a good self-image

Plays with other children

HOW TO HELP:

Remind them how special they are

Encourage them to play with their peers, ask about their friends



finding thabo

Pick n Pay
School Club 

The Development Milestones kindly provided by Associate Professor Catherine Draper

48 Months

NUMERACY

INDICATORS:

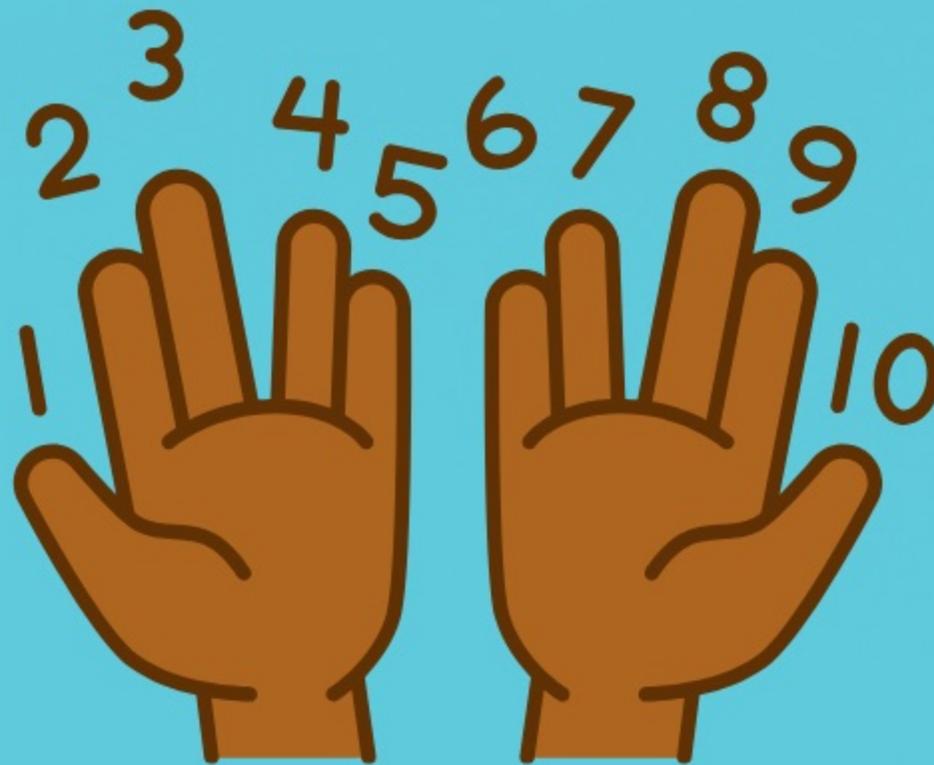
Counts up to 3 objects
Counts to 10

Remembers 4 numbers in a
sequence

HOW TO HELP:

Practice counting with them, including
counting objects

Help them to remember a few numbers
in a sequence, e.g. part of your phone
number, their date of birth



48 Months

LANGUAGE AND LITERACY



INDICATORS:

Asks 'why?' questions

HOW TO HELP:

Encourage them to ask questions, and answer their 'why?' questions

finding thabo

Pick n Pay 
School Club

The Development Milestones kindly provided by Associate Professor Catherine Draper