



Information for the 36 Month Well Visit

Vaccine Needed	Vaccines given at the 36 month visit	Vaccines given at the 4 year old visit
MMR		2nd of 2 total doses
Varicella (Chicken pox)		2nd of 2 total doses
Dtap		5th of 5 total doses
Polio		4th of 4 total doses
Influenza	Given every fall if not already received for the current influenza season	Given every fall if not already received for the current influenza season

Category of Milestones	Expected Milestones for 36 months	Future skills expected around 4 years
Social-Emotional	<ul style="list-style-type: none"> - Calms down within 10 minutes after you leave her, like at child care drop off - Notices other children and joins them to play 	<ul style="list-style-type: none"> - Pretends to be something else during play (teacher, superhero, dog) -Asks to go play with children if none are around, like “Can I play with Alex?” - Comforts others who are hurt or sad, like hugging a crying friend -Avoids danger, like not jumping from tall heights at the playground -Likes to be a “helper” -Changes behavior on the basis of where she is (place of worship, library, playground)
Language and Communication	<ul style="list-style-type: none"> - Talks with you in conversation using at least 2 back-and-forth exchanges. - Asks who, what, where or why questions, like “Where is daddy?” - Says what action is happening in a 	<ul style="list-style-type: none"> - Says sentences with ≥ 4 words - Says some words from a song, story or nursery rhyme - Talks about at least 1 thing that happened during his ddau, like “I

	<p>picture when asked, like running, eating or playing</p> <ul style="list-style-type: none"> - Says first name when asked - Talks well enough for other to understand, most of the time 	<p>played soccer.”</p> <ul style="list-style-type: none"> - Answers simple questions, like “What is a coat for,” or “What is a crayon for?”
Cognitive	<ul style="list-style-type: none"> - Draws a circle when you show him how - Avoids touching hot objects, like a stove, when you warn him 	<ul style="list-style-type: none"> - Names a few colors of items - Tells what comes next in a well-known story - Draws a person with ≥ 3 body parts
Motor	<ul style="list-style-type: none"> - Strings items together, like large beads or macaroni - Puts on some clothes by himself, like loose pants or a jacket - Uses a fork 	<ul style="list-style-type: none"> - Catches a large ball most of the time - Serves himself food or pours water, with adult supervision - Unbuttons some buttons - Holds crayon or pencil between fingers and thumb (not in a fist)

Safety Tips and Recommendations	
Car and Outdoor Safety	<ul style="list-style-type: none"> ● Always hold hands when in parking lots. ● Choose sun protection clothes, hats and sunglasses when outside in direct sunlight. Apply sunscreen. ● Stay within arms reach at all times when near water to prevent drowning. Consider swimming lessons. ● Ensure the child always wears a helmet when riding a scooter or tricycle. ● Never leave your child alone in the yard, house or car. ● Use a 5 point harness car seat for your child.
Indoor Safety	<ul style="list-style-type: none"> ● Remove small toys, marbles, game pieces, loose change and other choking hazards from the child’s reach. ● Store cleaning products and medicine on high shelves or behind child proofed cabinets. ● Poison Control Number: 1-800-Poison-1
Positive Discipline and Behavioral Recommendations	<ul style="list-style-type: none"> ● Overly praise good behaviors to reinforce the desired behavior. ● Ignore unwanted behaviors, especially temper tantrums. ● Help your child play with other children. Do not expect them to want to share. Teach them about taking turns with others. ● Read to your child every day. ● Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.