



## Information for the 4 Year Old Well Visit

Vaccine Needed	Vaccines given at the 4 year old well visit	Vaccines given at the 5 year old well visit
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
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	

Safety Tips and Recommendations	
Car and Outdoor Safety	<ul style="list-style-type: none"> <li>• Always hold hands when in parking lots.</li> <li>• Stay within arms reach at all times when near water to prevent drowning. Consider swimming lessons.</li> <li>• Ensure the child always wears a helmet when riding a scooter/tricycle/bike.</li> <li>• Never leave your child alone in the yard, house or car.</li> <li>• Your child may use a booster seat when older than 4 years old AND weigh over 40 pounds.</li> </ul>
Healthy Lifestyle Recommendations	<ul style="list-style-type: none"> <li>• Encourage your child to have active time for at least 30-60 minutes a day.</li> <li>• Read to your child every day.</li> <li>• Have regularly scheduled meals every day. Try to have family meals when you eat with your child.</li> <li>• Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.</li> <li>• Talk to your child about street and stranger safety. Start working on memorizing the home address and a parent's cell phone number.</li> <li>• Give your child a small set of reasonable responsibilities to help with around the house.</li> </ul>

Category of Milestones	Expected milestones for 4 years of age	Future skills expected around 5 years of age
Social-Emotional	<ul style="list-style-type: none"> <li>- Pretends to be something else during play (teacher, superhero, dog)</li> <li>-Asks to go play with children if none are around, like “Can I play with Alex?”</li> <li>- Comforts others who are hurt or sad, like hugging a crying friend</li> <li>-Avoids danger, like not jumping from tall heights at the playground</li> <li>-Likes to be a “helper”</li> <li>-Changes behavior on the basis of where she is (place of worship, library, playground)</li> </ul>	<ul style="list-style-type: none"> <li>- Follows rules or takes turns when playing games with other children</li> <li>- Sings, dances or acts for you</li> <li>- Does simple chores at home, like matching socks or clearing the table after eating</li> </ul>
Language and Communication	<ul style="list-style-type: none"> <li>- Says sentences with <math>\geq 4</math> words</li> <li>- Says some words from a song, story or nursery rhyme</li> <li>- Talks about at least 1 thing that happened during his ddau, like “I played soccer.”</li> <li>- Answers simple questions, like “What is a coat for,” or “What is a crayon for?”</li> </ul>	<ul style="list-style-type: none"> <li>- Tells a story she heard or made up with at least 2 events, like a cat stuck in a tree and a firefighter saving it</li> <li>- Answers simple questions about a book or story after you read or tell it to him</li> <li>- Keeps a conversation going with <math>&gt; 3</math> back and forth exchanges</li> <li>- Uses or recognizes simple rhymes (bat-cat, ball-tall)</li> </ul>
Cognitive	<ul style="list-style-type: none"> <li>- Names a few colors of items</li> <li>- Tells what comes next in a well-known story</li> <li>- Draws a person with <math>\geq 3</math> body parts</li> </ul>	<ul style="list-style-type: none"> <li>- Counts to 10</li> <li>- Names some numbers between 1 and 5 when you point to them</li> <li>- Uses words about time, like yesterday, tomorrow, morning or night</li> <li>- Pays attention for 5-10 minutes during activities, for example, during story time or making arts and crafts (screen time does not count)</li> <li>- Writes some letters in her name</li> <li>- Names some letters when you point to them</li> </ul>
Motor	<ul style="list-style-type: none"> <li>- Catches a large ball most of the time</li> </ul>	<ul style="list-style-type: none"> <li>- Buttons some buttons</li> </ul>

	<ul style="list-style-type: none"><li>- Serves himself food or pours water, with adult supervision</li><li>- Unbuttons some buttons</li><li>- Holds crayon or pencil between fingers and thumb (not in a fist)</li></ul>	<ul style="list-style-type: none"><li>- Hops on 1 foot</li></ul>
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