



Information for the 5 Year Old Well Visit

Vaccine Needed	Vaccines given at the 5 year old well visit	Vaccines given at the 6 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

Category of Milestones	Expected milestones for 5 years of age
Social-Emotional	<ul style="list-style-type: none"> - Follows rules or takes turns when playing games with other children - Sings, dances or acts for you - Does simple chores at home, like matching socks or clearing the table after eating
Language and Communication	<ul style="list-style-type: none"> - 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 - Answers simple questions about a book or story after you read or tell it to him - Keeps a conversation going with > 3 back and forth exchanges - Uses or recognizes simple rhymes (bat-cat, ball-tall)
Cognitive	<ul style="list-style-type: none"> - Counts to 10 - Names some numbers between 1 and 5 when you point to them - Uses words about time, like yesterday, tomorrow, morning or night - Pays attention for 5-10 minutes during activities, for example, during story time or making arts and crafts (screen time does not count) - Writes some letters in her name - Names some letters when you point to them
Motor	<ul style="list-style-type: none"> - Buttons some buttons - Hops on 1 foot

Safety Tips and Recommendations

Car and Outdoor Safety

- Always hold hands when in parking lots.
- 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/tricycle/bike.
- Never leave your child alone in the yard, house or car.
- Your child may use a booster seat when older than 4 years old AND weighs over 40 pounds.

Healthy Lifestyle and Behavioral Recommendations

- Encourage your child to have active time for at least 30-60 minutes a day.
- Read to your child every day.
- Have regularly scheduled meals every day. Try to have family meals when you eat with your child.
- Limit screen time (iphone/ipad/television/computer) to a total of 2 hours or less per day.
- Talk to your child about street and stranger safety. Start working on memorizing your home address and a parent's cell phone number.
- Teach your child how to respond to an emergency. Teach your child how to dial 911.
- Give your child a small set of reasonable responsibilities to help with around the house (for example: make their bed or help clean up the table after meals).
- Consider time outs when necessary for the child to calm down and take a break.