



# Four Year Visit

By this age, kids have begun to develop some basic executive function skills. To really bring this out, challenge your child with multi-step commands that force them to think a few steps ahead. For example, ask your child to get ready for bed without specifying the steps. This will serve your little student well as he or she learns to manage their cubby and negotiate their classroom.

Your 4-year-old is exploring their environment and to have increasing social interactions. Play remains critical to social development. Your child will like being with friends and will start to require less adult supervision.

Children develop at their own pace, so it's impossible to tell exactly when your child will learn a given skill. The developmental milestones below will give you a general idea of the changes you can expect as your child gets older but don't be alarmed if your child takes a slightly different course.

- Four- to five-word sentences are used most of the time
- Tells a story
- Counts up to four objects
- Dresses without assistance (except tying the shoes)
- Can distinguish between genders and might engage in male-female role play
- Can copy a cross and circle

## At this visit you should expect your child to:

- Have blood pressure taken
- Receive booster vaccines (MMR and chicken pox). It is important to be honest with your child about receiving vaccines.
- Possibly have hearing and vision screening performed

## Safety Tips:

- Your child should always wear a helmet while riding a bicycle or scooter
- You should discuss stranger safety
- You should check to make sure playground equipment is secure and there are no loose parts
- Your child should never swim without supervision

## What vaccines and/or screening tests should I expect at this visit?

At this visit your child will receive the MMR and Varicella vaccines. These are boosters to vaccines your child has had before. If the season is appropriate, your child may also receive the Influenza vaccine.

