

Your child at 4 years

Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 4. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.



What most children do by this age:

Social/Emotional Milestones

- ☐ 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 based on where she is (place of worship, library, playground)

Language/Communication Milestones

- ☐ Says sentences with four or more words
- ☐ Says some words from a song, story, or nursery rhyme
- ☐ Talks about at least one thing that happened during his day, like "I played soccer."
- ☐ Answers simple questions like "What is a coat for?" or "What is a crayon for?"

Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Names a few colors of items
- ☐ Tells what comes next in a well-known story
- ☐ Draws a person with three or more body parts

Movement/Physical Development Milestones

- ☐ 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 a fist)

Other important things to share with the doctor...

- What are some things you and your child do together?
- What are some things your child likes to do?
- Is there anything your child does or does not do that concerns you?
- Has your child lost any skills he/she once had?
- Does your child have any special healthcare needs or was he/she born prematurely?

You know your child best. Don't wait. If your child is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your child's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your child more; and
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more on how to help your child, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.
Acting early can make
a real difference!**



Download CDC's
**free Milestone
Tracker app**

American Academy
of Pediatrics



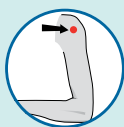
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Following vaccination— what to expect and what to do

All vaccinations may cause the following reactions:



Mild fever that doesn't
last long <38.5°C



Where the needle was given:
Sore, red, burning, itching or
swelling for 1–2 days and/or
small, hard lump for a few weeks



Grizzly, unsettled,
unhappy and sleepy



Teenagers/adults fainting
and muscle aches

SEE BACK PAGE FOR ADDITIONAL COMMON REACTIONS SPECIFIC TO EACH VACCINE

What to do at home:



If baby/child is hot don't have
too many clothes or blankets on



Breast feed more frequently
and/or give extra fluids



Put a cold wet cloth on the
injection site if it is sore



For fever or pain
give paracetamol. Follow
instructions on the packaging

When to seek medical advice:

**See your doctor or
immunisation provider,
or go to hospital if:**



Pain and fever are not relieved
by paracetamol (eg. Panadol®)



The reactions are bad, not going
away or getting worse or if you
are worried at all



Any of the rare reactions
below are experienced

How to report an adverse reaction:

Significant events that occur following immunisation should be reported to your doctor or vaccination provider. Alternatively you can report directly to the Therapeutic Goods Administration (www.tga.com.au) or by phone to a pharmacist from NPS Medicinewise on **1300 134 237**.

You can also report adverse events following immunisation to your state or territory health services.



Rare reactions requiring immediate medical attention

As with any medication, on rare occasions, an individual may experience a severe reaction. Seek medical attention if any of the below are experienced and inform of recent vaccination.

Anaphylaxis

- A severe allergic reaction which occurs suddenly, usually within 15 minutes, however anaphylaxis can occur within hours of vaccine administration. Early signs of anaphylaxis include: redness and/or itching of the skin, swelling (hives), breathing difficulties, persistent cough, hoarse voice and a sense of distress.

Intussusception (relates to rotavirus vaccine)

- This is an uncommon form of bowel obstruction where one segment of the bowel slides into the next, much like the pieces of a telescope.

- There is a very small risk of this occurring in a baby in the first week after receiving the first dose of rotavirus vaccine, and a smaller risk after the second vaccine dose.
- The baby has bouts of crying, looks pale, gets very irritable and pulls the legs up to the abdomen because of pain.

Seizure

- Some young children (especially aged 1–3 years) are more prone to seizures when experiencing a high fever from any source (with an infection or after a vaccine). The seizure usually lasts approximately 20 seconds and very rarely more than 2 minutes.

Rash (relates to shingles vaccine Zostavax®)

- Very rarely a generalised chickenpox-like rash following Zostavax® vaccination may occur around 2–4 weeks after vaccination, which may be associated with fever and feeling unwell. This rash may be a sign of a serious reaction to the virus in the vaccine.

Where can I get more information?

Contact your immunisation provider

Visit health.gov.au/immunisation

Contact your state or territory health service

Practice contact details:

Vaccines given on ____ / ____ / **20**____ **Time given:** _____ (Please wait a minimum of 15 minutes after immunisation)

Indicate injection sites by circling appropriate box: **LA**= Left Arm, **RA**= Right Arm, **LL**= Left Leg, **RL**= Right Leg

Hepatitis B vaccine (H-B-Vax® II Paediatric or Engerix® B Paediatric)	Diphtheria, tetanus, whooping cough, hepatitis B, polio, Haemophilus influenzae type b vaccine (Infanrix® hexa or Vaxelis®)	Pneumococcal vaccine (Prevenar 13®)	Rotavirus vaccine (Rotarix®)
See 'Common reactions'	See 'Common reactions'	See 'Common reactions'	- See 'Common reactions' - Vaccine virus can be shed in poo, particularly after the first dose. Handwashing is important after every nappy change. - Intussusception – see 'rare reactions'
LL RL LA RA	LL RL LA RA	LL RL LA RA	BY MOUTH
Meningococcal B vaccine (Bexsero®)	Meningococcal ACWY vaccine (Nimenrix®)	Measles, mumps, rubella vaccine (MMRII® or Priorix®)	Hepatitis A vaccine (Vaqta® Paediatric)
- See 'Common reactions' - Fever (>38.5°C) is common in young children receiving this vaccine. Paracetamol will reduce the likelihood of fever. For children less than 2 years of age, a dose of paracetamol is recommended 30 minutes before vaccination or as soon as possible afterwards. Followed by two more doses 6 hours apart even if there is no fever.	See 'Common reactions'	- See 'Common reactions' - Reactions that may be present 7 to 10 days after vaccination: - fever over 39°C - rash (not infectious) - head cold, runny nose, cough, puffy eyes - swelling in the neck /under the chin.	- See 'Common reactions' - Rash
LL RL LA RA	LL RL LA RA	LL RL LA RA	LL RL LA RA
Haemophilus influenzae type b vaccine (ActHIB®)	Measles, mumps, rubella, chickenpox vaccine (Priorix-Tetra® or ProQuad®)	Diphtheria, tetanus, whooping cough vaccine Children (Infanrix® or Tripacel®) Adults and adolescents (Boostrix® or Adacel®)	Diphtheria, tetanus, whooping cough, polio vaccine (Infanrix® IPV or Quadracel®)
See 'Common reactions'	- See 'Common reactions' - Reactions that may be present 7 to 10 days after vaccination: - fever over 39°C - rash (not infectious) - head cold, runny nose, cough, puffy eyes - swelling in the neck /under the chin. - Reactions 5–26 days after vaccination: - mild chickenpox like rash (may be infectious, seek medical advice).	- See 'Common reactions' - Very rarely, large injection site reactions (>50 mm) including limb swelling may occur (with the 4th or 5th dose of a tetanus-containing vaccine in children). These reactions usually start within 24–72 hours after vaccination, and resolve spontaneously within 3–5 days. If this reaction extends beyond one or both joints, seek medical advice.	- See 'Common reactions' - Large injection site reaction of redness and swelling from the shoulder to the elbow. If this reaction extends beyond one or both joints, seek medical advice.
LL RL LA RA	LL RL LA RA	LL RL LA RA	LA RA
Pneumococcal vaccine (Pneumovax 23®)	Human papillomavirus (HPV) vaccine (Gardasil®9)	Shingles vaccine (Zostavax®)	Influenza vaccine
- See 'Common reactions' - Large injection site reaction with redness and swelling, more common after the second or subsequent dose of this vaccine.	- See 'Common reactions' - Mild headache - Mild nausea	- See 'Common reactions' - Reactions 2–4 weeks after vaccination: generalised chickenpox like rash – seek immediate medical attention and inform of recent vaccination. – see 'rare reactions'	See 'Common reactions'
LA RA	LA RA	LA RA	LL RL LA RA

Help your child learn and grow

As your child's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your child's doctor and teachers if you have questions or for more ideas on how to help your child's development.



- Help your child be ready for new places and meeting new people. For example, you can read stories or role play (pretend play) to help him be comfortable.
- Read with your child. Ask him what's happening in the story and what he thinks might happen next.
- Help your child learn about colors, shapes, and sizes. For example, ask the color, shapes, and size of things she sees during the day.
- Encourage your child to use "his words" to ask for things and solve problems but show him how. He may not know the words he needs. For example, help your child say, "Can I have a turn?" instead of taking something from someone.
- Help your child learn about others' feelings, and about positive ways to react. For example, when he sees a child who is sad, say "He looks sad. Let's bring him a teddy."
- Use positive words and give attention to behaviors you want to see ("wanted behaviors"). For example, say "You're sharing that toy so nicely!" Give less attention to those you don't want to see.
- Tell your child in a simple way why she can't do something you don't want her to do ("unwanted behavior"). Give her a choice of what she can do instead. For example, "You can't jump on the bed. Do you want to go outside and play or put on some music and dance?"
- Let your child play with other children, such as at a park or library. Ask about local play groups and pre-school programs. Playing with others helps you child learn the value of sharing and friendship.
- Eat meals with your child when possible. Let her see you enjoying healthy foods, such as fruits, vegetables, and whole grains, and drinking milk or water.
- Create a calm, quiet bedtime routine. Avoid any screen time (TV, phone, tablet, etc.) for 1 to 2 hours before bed and don't put any screens in your child's bedroom. Children this age need 10 to 13 hours of sleep a day (including naps). Consistent sleep times make it easier!
- Give your child toys or things that encourage his imagination, such as dress-up clothes, pots and pans to pretend cook, or blocks to build with. Join him in pretend play, such as eating the pretend food he cooks.
- Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet, or from another adult.

To see more tips and activities download CDC's Milestone Tracker app.

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

www.cdc.gov/ActEarly | 1-800-CDC-INFO (1-800-232-4636)



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free Milestone
Tracker app



Learn the Signs. Act Early.