

Well-Child Visits

Why go and what to expect

Ages 3-6

Language & Communication

Movement & Physical

Cognitive

Emotional

3

Years Old

Follows instructions with 2 or 3 steps

Says first name, age, and sex

Carries on a conversation using 2 to 3 sentences

Runs easily

Pedals a trike

Walks up and down stairs, one foot on each step

Plays make-believe with dolls, animals, and people

Copies a circle with pencil or crayon

Turns book pages one at a time

Shows affection for friends without prompting

Takes turns in games

Separates easily from caregiver

3

Years Old

4

Years Old

Names some colors and some numbers

Draws a person with 2-4 body parts

Tells you what he thinks is going to happen next in a book

Hops and stands on one foot up to 2 seconds

Pours, cuts with supervision and mashes own food

Sings a song or says a poem from memory

Can say first and last name

Would rather play with other children than by himself

Cooperates with other children

4

Years Old

5

Years Old

Speaks very clearly

Tells a simple story using full sentences

Says name and address

Hops, may be able to skip

Uses a fork and spoon and sometimes a table knife

Can use the toilet on her own

Counts 10 or more things

Can print some letters or numbers

Knows about things used every day, like money and food

Wants to be like friends

Likes to sing and dance and act

Is aware of gender

5

Years Old

Social

Cognitive

Emotional

6

Years Old

Loves to show off talents

Develops improved self-control skills

Shows improved ability to maintain emotional stability

Participates in simple group activities or board games

Tells time

Copies complex shapes, such as a diamond

Pays more attention to friendship and teamwork

Wants to be liked and accepted by peer group

Shows more independence from family

6

Years Old

The benefits of well child visits include prevention, tracking growth and development, detection of illness by screening examinations, counseling and education of caregivers and children, and promotion of mental health.

To download a digital copy of this information, text WELLCHILD to 797979

Standard text messaging and data rates may apply.



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