

Grow Up Healthy!

It is recommended that children have well visits at the milestone ages listed. These visits provide important services like tracking your child's growth and development; immunizations; and the opportunity to ask questions and/or share concerns about your child's physical, mental, and social health.

4-5 years

Immunizations Needed

Diphtheria, Tetanus, and Pertussis (DTaP)
Polio (IPV)

Influenza (Flu) *Yearly*
COVID-19 *If not up-to-date*

Measles, Mumps, Rubella (MMR)
Varicella (Chickenpox)

5 years

Follows rules or takes turns when playing games with other children

Writes some letters in their name

Counts to 10

Uses or recognizes simple rhymes (bat-cat, ball-tall)

4 years

Likes to be a "helper"

Pretends to be something else during play (teacher, superhero, dog)

Talks about at least one thing that happened during their day, like "I played soccer."

Unbuttons some buttons

3 years

Notices other children and joins them to play

Talks well enough for others to understand, most of the time

Draws a circle, when you show them how

Puts on some clothes by themselves, like loose pants or a jacket

30 months

Says about 50 words

Names things in a book when you point and ask, "What is this?"

Follows two-step instructions like "Put the toy down and close the door."

Jumps off the ground with both feet

2 years

Runs

Looks at your face to see how to react in a new situation

Says at least two words together, like "More milk."

Tries to use switches, knobs, or buttons

18 months

Scribbles

Points to show you something interesting

Copies you doing chores, like sweeping with a broom

Looks at a few pages in a book with you

15 months

Tries to use things the right way, like a phone, cup, or book

Tries to say one or two words like "ba" for ball or "da" for dog

Points to ask for something or to get help

Takes a few steps on their own

12 months

Calls a parent "mama" or "dada"

Waves "bye-bye"

Puts something in a container, like a block in a cup

Pulls up to stand

9 months

Looks when you call their name

Makes different sounds like "mamamama" and "babababa"

Lifts arms up to be picked up

Sits without support

6 months

Laughs

Takes turns making sounds with you

Reaches to grab a toy they want

Rolls from tummy to back

4 months

Makes sounds like "oooo", "aahh"

Looks at you, moves, or makes sounds to get or keep your attention

Holds a toy when you put it in their hand

Pushes up onto elbows/forearms when on tummy

2 months

Calms down if spoken to or picked up

Smiles when you talk to or smile at them

Makes sounds other than crying

Opens hands briefly

2-3 years

Immunizations Needed

Influenza (Flu) *Yearly*
COVID-19 *If not up-to-date*

18-23 months

Immunizations Needed

Influenza (Flu) *Yearly*
COVID-19 *If not up-to-date*
Hepatitis A (Hep A)

12-15 months

Immunizations Needed

Diphtheria, Tetanus, and Pertussis (DTaP)
Haemophilus influenzae Type B (Hib)

Pneumococcal (PCV)
Influenza (Flu) *Yearly*
COVID-19 *If not up-to-date*

Measles, Mumps, Rubella (MMR)
Varicella (Chickenpox)
Hepatitis A (Hep A)

6 months

Immunizations Needed

RSV preventive antibody*
Hepatitis B (Hep B)
Rotavirus (RV) *if brand indicated*

Diphtheria, Tetanus, and Pertussis (DTaP)
Haemophilus influenzae Type B (Hib) *if brand indicated*

Pneumococcal (PCV)
Polio (IPV)
Influenza (Flu)
COVID-19

4 months

Immunizations Needed

RSV preventive antibody*
Rotavirus (RV)
Diphtheria, Tetanus, and Pertussis (DTaP)

Haemophilus influenzae Type B (Hib)
Pneumococcal (PCV)
Polio (IPV)

2 months

Immunizations Needed

RSV preventive antibody*
Hepatitis B (Hep B) *at birth and at 1-2 months*
Rotavirus (RV)

Diphtheria, Tetanus, and Pertussis (DTaP)
Haemophilus influenzae Type B (Hib)

Pneumococcal (PCV)
Polio (IPV)

How tall am I?

What immunizations do I need?

If your child has any medical conditions that put them at risk for infections or is traveling outside the United States, talk to your child's doctor about additional immunizations that they may need.
*RSV preventive antibody indicated shortly before or during RSV season if not previously received and mother did not receive RSV vaccine.

What milestones have I reached?

These developmental milestones show what most children (75% or more) can do by each age. Download CDC's free *Milestone Tracker* app to see a full list of milestones and complete a checklist for your child's age.



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