**Grow Up Healthy!**

**What immunizations do I need?**

- MMR (Yearly)
- Influenza
- IPV
- DTaP
- Hib
- DTaP
- RV

**What milestones have I reached?**

- **Birth-2 months**
  - Begins to cry
  - Begins to kick
  - Walks in a crib
  - Responds to own name

- **2-3 months**
  - Babbles with expression
  - Copy sounds
  - Cries when mom or dad leaves
  - Responds to own name

- **3-6 months**
  - Coos, makes gurgling sounds
  - Dribbles
  - Brings more to mouth
  - Responds to affection
  - Turns book pages one at a time
  - Points to show others

- **6 months**
  - Catches a bounced ball
  - Points to fingers in a book
  - Enjoys doing new things
  - Prints some letters and numbers
  - Plays with blocks
  - Points to things in a book

- **9-12 months**
  - Points to one body part
  - Eats with a spoon
  -Knows names of familiar people and parts of the body
  - Meadowlands
  - Tells a story using full sentences
  - Has mature pencil grasp
  - Can print some letters and numbers

- **12-15 months**
  - Points to things in a book
  - Knows his or her name
  - Likes to play with people
  - Can print some letters and numbers
  - Likes to play with people

- **15-18 months**
  - Knows his or her name
  - Likes to play with people
  - Can print some letters and numbers
  - Likes to play with people

- **18-24 months**
  - Knows his or her name
  - Likes to play with people
  - Can print some letters and numbers
  - Likes to play with people

- **2-3 years**
  - Knows his or her name
  - Likes to play with people
  - Can print some letters and numbers
  - Likes to play with people

**What else should I do?**

- Make sure your child is up-to-date on all his or her vaccines.

**You can help your child grow up healthy!**

- Keep records of important information. (For example: birth weight, height, and dates of immunizations, medical visits, and immunization records.)

- Read to your child and show him or her how to be part of a good health team. (For example: Help your child find pictures of health professionals, such as doctors and nurses, and put them in the closet.)

- Encourage your child to follow instructions and commands.

- Encourage your child to talk about his or her feelings.

- Be a good role model by eating a healthy diet and playing safely and creatively.

- Talk to your child about how to stay healthy and safe.

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