

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; vaccinations; and the opportunity to ask questions and/or share concerns about your child's physical, mental, and social health.

4-5 years

Vaccines Needed

Diphtheria, Tetanus, and Pertussis (DTaP)	Measles, Mumps, Rubella (MMR)
Polio (IPV)	Varicella (Chickenpox)
Influenza (Flu) Yearly	

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

2-3 years

Vaccines Needed

Influenza (Flu) Yearly

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

18-23 months

Vaccines Needed

Influenza (Flu)
Hepatitis A (Hep A)

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

12-15 months

Vaccines Needed

Diphtheria, Tetanus, and Pertussis (DTaP)	Influenza (Flu)
Haemophilus Influenzae Type B (Hib)	Measles, Mumps, Rubella (MMR)
Pneumococcal (PCV)	Varicella (Chickenpox)
	Hepatitis A (Hep A)

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

6 months

Vaccines Needed

Hepatitis B (Hep B)	Haemophilus Influenzae Type B (Hib) if brand indicated
Rotavirus (RV) if brand indicated	Pneumococcal (PCV)
Diphtheria, Tetanus, and Pertussis (DTaP)	Polio (IPV)
	Influenza (Flu)

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

4 months

Vaccines Needed

Rotavirus (RV)	Pneumococcal (PCV)
Diphtheria, Tetanus, and Pertussis (DTaP)	Polio (IPV)
Haemophilus influenzae Type B (Hib)	

6 months

Laughs
Takes turns making sounds with you
Reaches to grab a toy they want
Rolls from tummy to back

2 months

Vaccines Needed

Hepatitis B (Hep B) at birth and at 1-2 months	Haemophilus Influenzae Type B (Hib)
Rotavirus (RV)	Pneumococcal (PCV)
Diphtheria, Tetanus, and Pertussis (DTaP)	Polio (IPV)

4 months

Makes sounds like "ooo", "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

What vaccinations 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 vaccines that they may need.

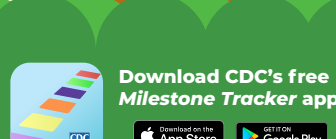
How tall am I?

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.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



vaccines: www.cdc.gov/vaccines

milestones: www.cdc.gov/milestones

growth charts: www.cdc.gov/growthcharts

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