

Grow Up Healthy!



4-6 years

DTaP
IPV
Influenza (Yearly)
MMR

Varicella (Chickenpox)

6 years

Listens and pays attention
Has mature pencil grasp
Prints some letters and numbers
Balances on one foot

5 years

Wants to be like friends
Speaks very clearly
Tells a story using full sentences
Can print some letters and numbers
Hops; may be able to skip
Likes to sing, dance, or act

4 years

Tells stories
Cooperates with other children
Enjoys doing new things
Uses scissors with supervision
Catches a bounced ball most of the time
Understands the idea of "same" and "different"

3 years

Shows concern for a crying friend
Can name most familiar things
Talks well enough for strangers to understand most of the time
Turns book pages one at a time
Runs easily
Plays pretend with dolls, animals, and people

2 years

Gets excited when with other children
Says sentences with 2 to 4 words
Follows two step instructions such as "Pick up your shoes and put them in the closet."
Builds tower of 4 or more blocks
Kicks a ball
Points to things in a book

19-23 months

Plays mainly beside other children
Follows two-step commands
Plays simple make-believe games
Throws ball overhand
Knows names of familiar people and body parts

18 months

Points to show others something interesting
Says several single words
Points to one body part
May walk up steps and run
Shows affection to familiar people
Eats with a spoon

15 months

Imitates what you are doing
Drinks from a cup
Scribbles on his own
Walks well
May be afraid of strangers

12 months

Cries when mom or dad leaves
Says "mama" and "dada"
Copies gestures (for example, waves "bye bye")
Repeats sounds or actions to get attention
May stand alone

6 months

Knows familiar faces
Responds to own name
Responds to other people's emotions and often seems happy
Brings more to mouth
Rolls over in both directions
Strings vowel sounds together when babbling ("ah", "eh", "oh")

4 months

Babbles with expression
Likes to play with people
Reaches for toy with one hand
Brings hands to mouth
Responds to affection
When lying on stomach, pushes up to elbows

Birth-2 months

Recognizes caregiver's voice
Starts to smile
Calms down when rocked, cradled or sung to
Begins to follow things with eyes
Coos, makes gurgling sounds

2-3 years

Influenza (Yearly)

18-23 months

Influenza (Yearly)
Hep A

12-15 months

DTaP
Hib
PCV
Influenza (Yearly)

MMR
Varicella
Hep A

6 months

Hep B
RV (if brand indicated)
DTaP

Hib
PCV
IPV
Influenza (Yearly)

4 months

RV
DTaP
Hib

PCV
IPV

Birth-2 months

Hep B (at birth and at 1-2 months)
RV
DTaP
Hib

PCV
IPV

What immunizations do I need?[†]

† If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

What milestones* have I reached?

* Milestones adapted from *Caring for your baby and young child: Birth to age 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *Bright Futures: Guidelines for health supervision of infants, children, and adolescents*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This is not an exhaustive list of milestones from 0-6 years. See more at www.cdc.gov/Milestones

How tall am I?



