# Grow Up Healthy!

**4-5 years**

- **Height:** 4 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**6 months**

- **Height:** 2 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**12-15 months**

- **Height:** 3 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**16-23 months**

- **Height:** 3.5 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**2-3 years**

- **Height:** 3 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**Birth-2 months**

- **Height:** 2 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**4 months**

- **Height:** 2.5 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**6 months**

- **Height:** 2.5 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**12 months**

- **Height:** 3 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**18 months**

- **Height:** 3.5 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**3 years**

- **Height:** 4 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

**5 years**

- **Height:** 4.5 feet
- **Vaccines:**
  - IPV
  - PCV
  - DTaP
  - RV
  - Hep B
  - Hib
  - MMR
  - Influenza

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**Milestones:**

- Birth–6 months:
  - Knows names of familiar people and objects
  - Responds to own name
  - Strings vowels sounds
  - Responds to affection
  - Pushes up to elbows
  - Brings hands to mouth
  - Responds to music

- 6 months:
  - Knows familiar faces
  - Strings vowel sounds
  -brings things to mouth
  - Responds to music
  - Pushes up to elbows
  - Brings hands to mouth
  - Responds to music

- 12 months:
  - Recognizes caregiver’s voice
  - Babbles with expression
  - Pulls up to stand with support
  - Brings hands to mouth
  - Responds to music

- 18 months:
  - Walks well
  - Has mature pencil grasp
  - Ensures when with strangers
  - Responds to music

- 2 years:
  - Can make different faces
  - Can stand alone
  - Responds to music

- 4 years:
  - Can tell time
  - Can print some letters
  - Can name most familiar people and objects
  - Responds to music

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**Information sources:**

- Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 2008, American Academy of Pediatrics, Elk Grove Village, IL.

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**Images:**

- Images of children and milestones adapted from Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, 2008, American Academy of Pediatrics, Elk Grove Village, IL.
- Images of vaccines adapted from CDC.gov.

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**CDC.gov websites:**

- Vaccines: www.cdc.gov/vaccines
- Milestones: www.cdc.gov/milestones
- Growth charts: www.cdc.gov/growthcharts
GIRLS  
Birth through 24 months

DTaP protects against diphtheria, tetanus, and pertussis.
Hib protects against Haemophilus influenzae type b.
Hep A protects against Hepatitis A.
Hep B protects against Hepatitis B.
Influenza protects against flu.
IPV protects against polio.
MMR protects against measles, mumps, and rubella.
PCV protects against pneumococcal disease.
RV protects against rotavirus.
Varicella protects against chickenpox.

BOYS  
Birth through 24 months

2 through 20 years

Vaccines Protect Kids