

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
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

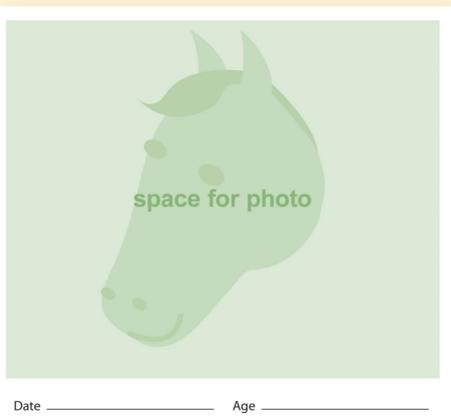
6 months
Knows familiar faces
Responds to own name
Responds to other people's emotions and often seems happy
Brings things to mouth
Rolls over in both directions
Strings vowel sounds together when babbling ("ah", "eh", "oh")

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)



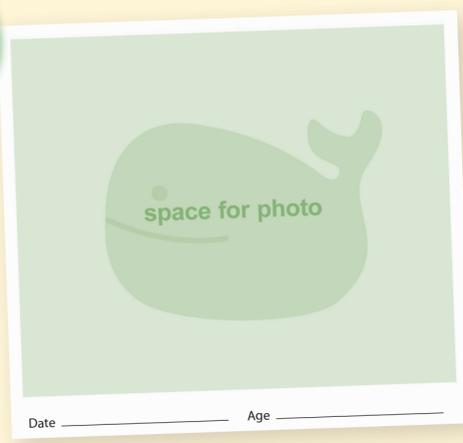
18-23 months

Influenza
(Yearly)
Hep A



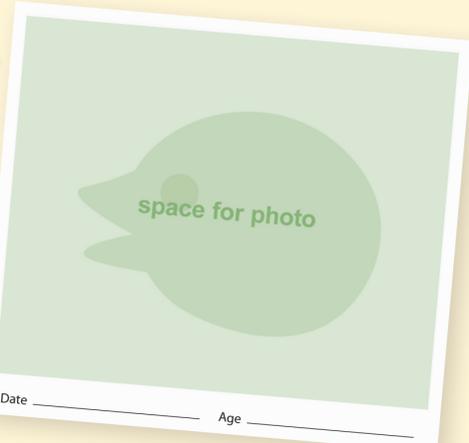
12-15 months

DTaP
Hib
PCV
Influenza
(Yearly)
MMR
Varicella
(Chickenpox)
Hep A



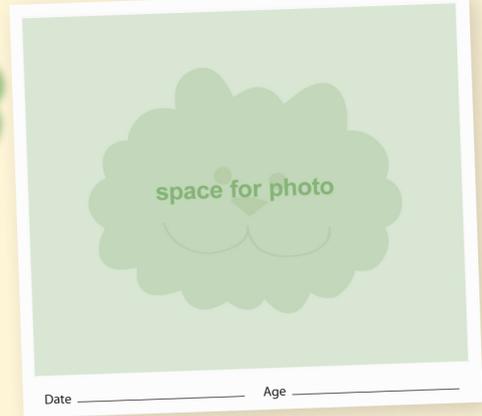
6 months

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.

How have I changed?

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, 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?



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



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDRENSM



vaccines: www.cdc.gov/vaccines

milestones: www.cdc.gov/milestones

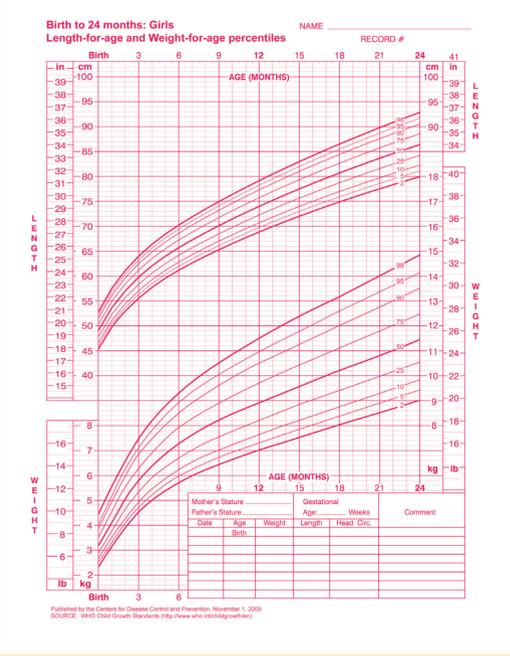
growth charts: www.cdc.gov/growthcharts

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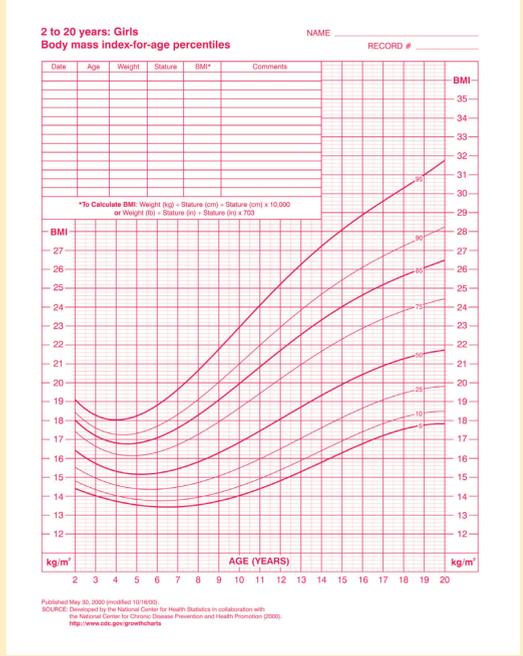
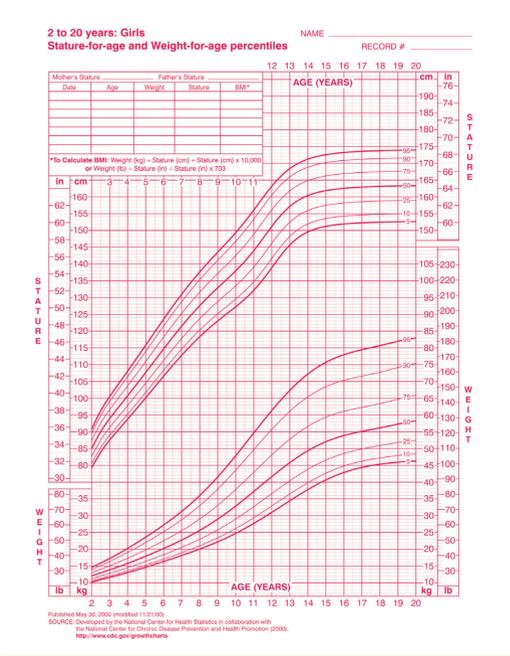
Growth Charts

GIRLS

Birth through 24 months

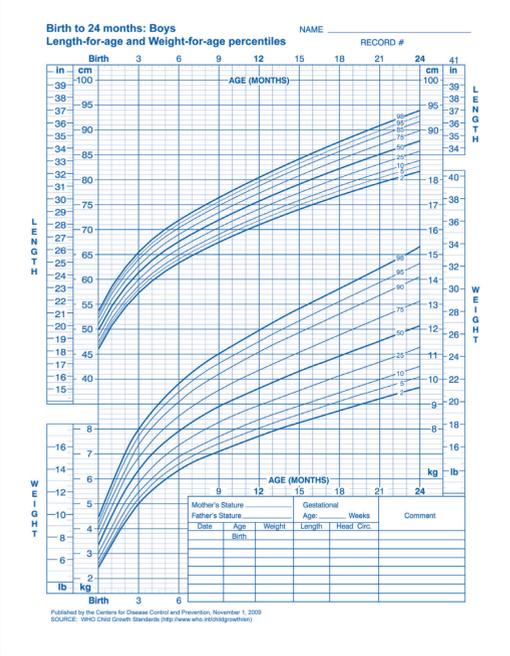


2 through 20 years

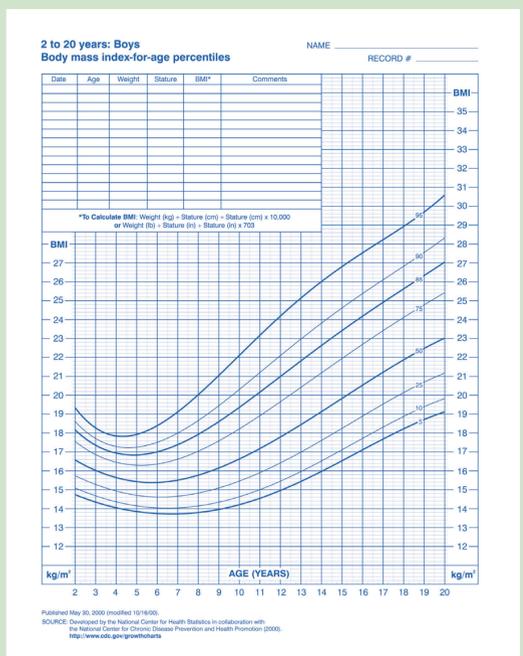
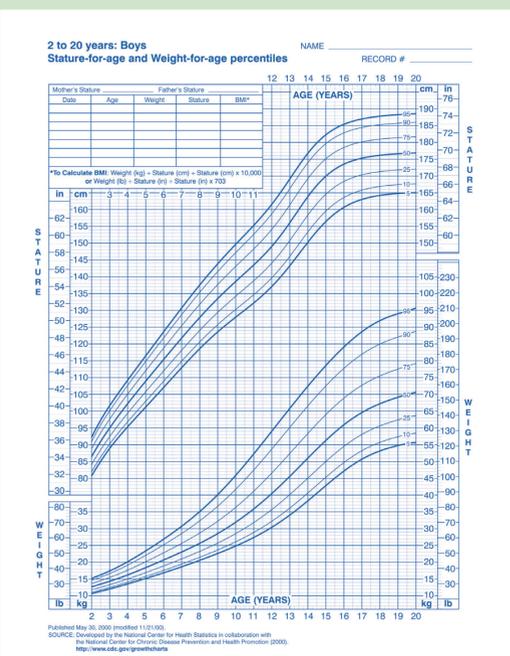


Boys

Birth through 24 months



2 through 20 years



Vaccines Protect Kids

- 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.