

# Grow Up Healthy!



## 4-6 years

- DTaP**
- IPV**
- Influenza** (Yearly)
- MMR**
- Varicella** (Chickenpox)

Your child may need more vaccines. Ask your child's doctor about PPSV and MCV.



- 6 years**
- Balances on one foot
- Prints some letters and numbers
- Has mature pencil grasp
- Listens and attends

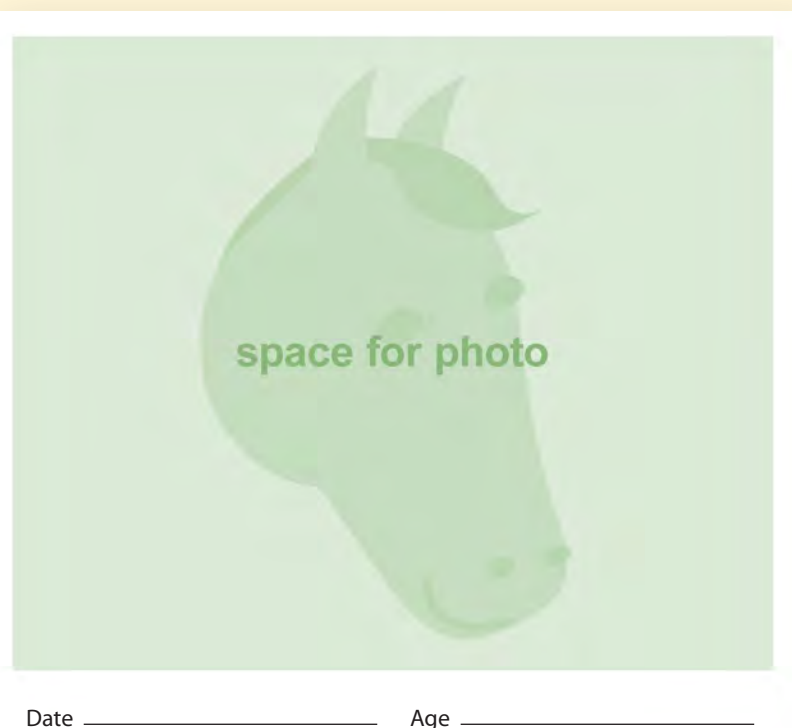
## 5 years

- Aware of gender
- Swings, climbs
- Dresses and undresses without help
- Uses fork, spoon, and (sometimes) a table knife

## 2-3 years

- Influenza** (Yearly)

Your child may need more vaccines. Ask your child's doctor about PPSV and MCV.



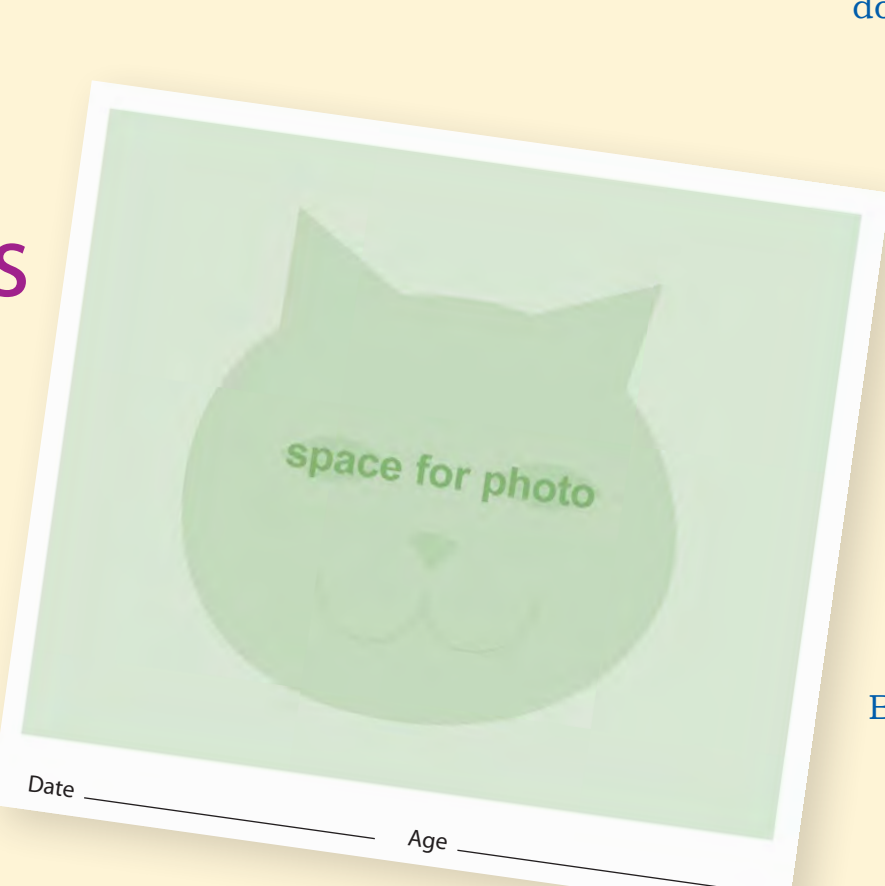
- 4 years**
- Correctly names some colors
- Speaks in sentences of five to six words
- Uses scissors
- Draws circles and squares

## 3 years

- Expresses a wide range of emotions
- Plays make-believe with dolls, animals, and people
- Understands most sentences
- Runs easily

## 18-23 months

- Influenza** (Yearly)
- Hep A**



- 2 years**
- Imitates behavior of others, especially adults and older children
- Begins make-believe play
- Uses 2- or 4-word sentences
- Walks alone

## 12-15 months

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



- 19-23 months**
- Completes simple chores when asked
- Is spontaneous with affection

## 18 months

- Says at least 6 words with meaning
- Points to one body part
- Walks up steps

## 6 months

- Hep B**
- RV** (if brand indicated)
- DTaP**
- Hib**
- PCV**
- IPV**
- Influenza** (Yearly)



- 15 months**
- Drinks from a cup
- Scribbles
- Indicates what he wants by pointing

## 12 months

- Cries when mother or father leaves
- Finger-feeds herself
- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Says "dada" and "mama"

## 4 months

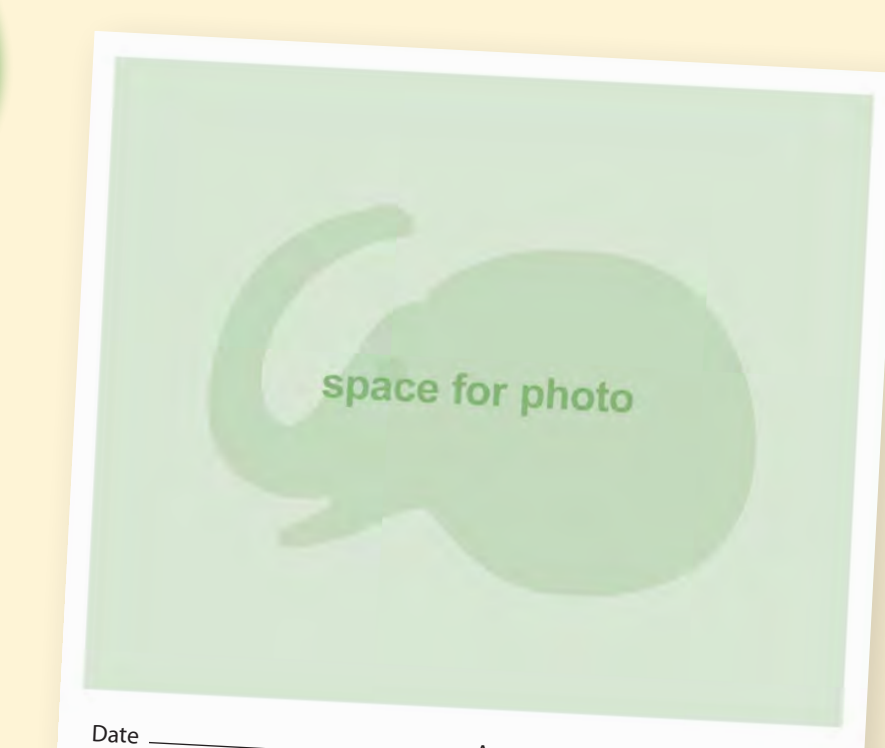
- RV**
- DTaP**
- Hib**
- PCV**
- IPV**



- 6 months**
- Responds to own name
- Reaches with one hand
- Recognizes familiar faces
- Rolls over

## Birth-2 months

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



- 4 months**
- Grasps and shakes hand toys
- Laughs out loud
- Babbles more expressively
- Holds head steady

## Birth-2 months

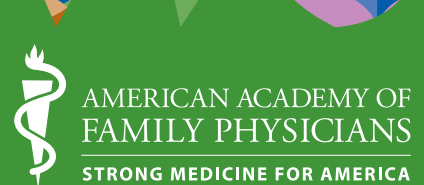
- Recognizes caregiver's voice
- Responsive to calming actions when upset
- Starts to smile
- Follows objects with eyes

What immunizations do I need? How tall am I? How have I changed? What milestones\* have I reached?

\* Milestones adapted from *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.



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



American Academy of Pediatrics  
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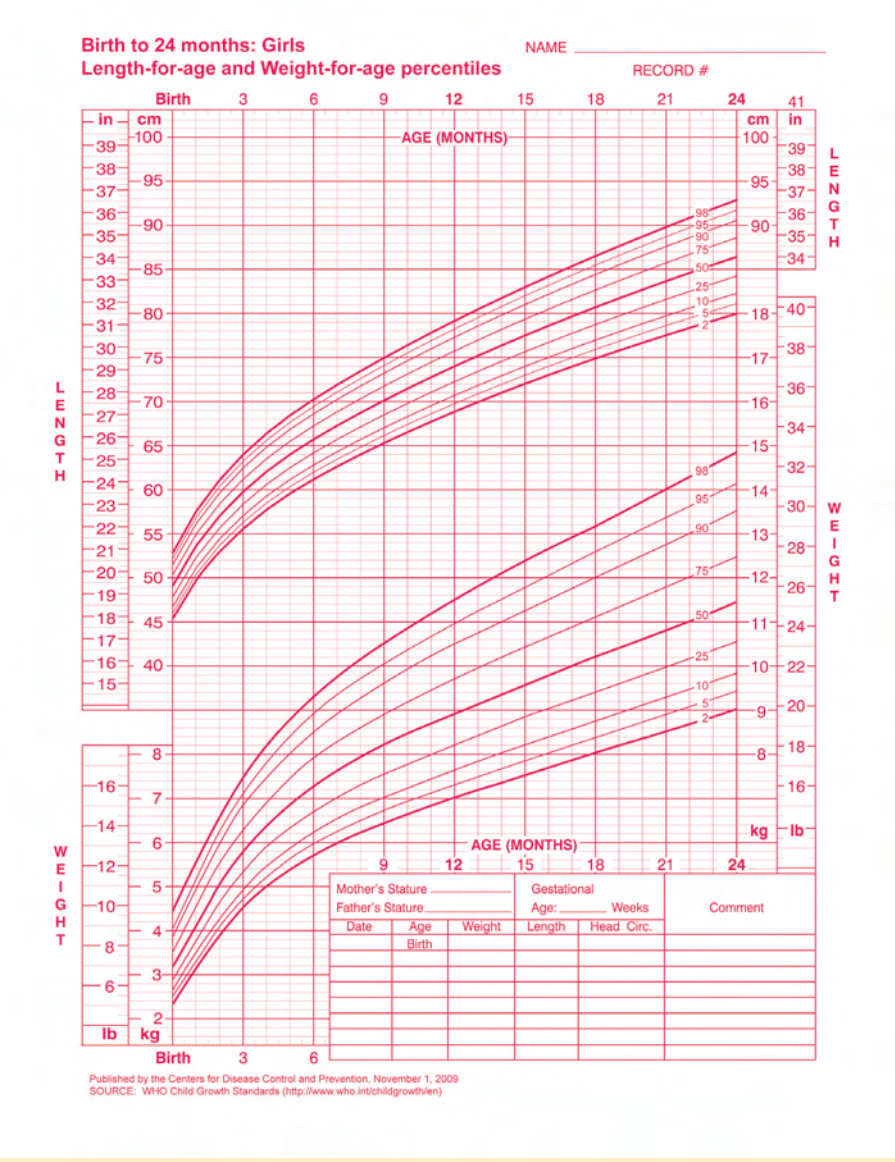




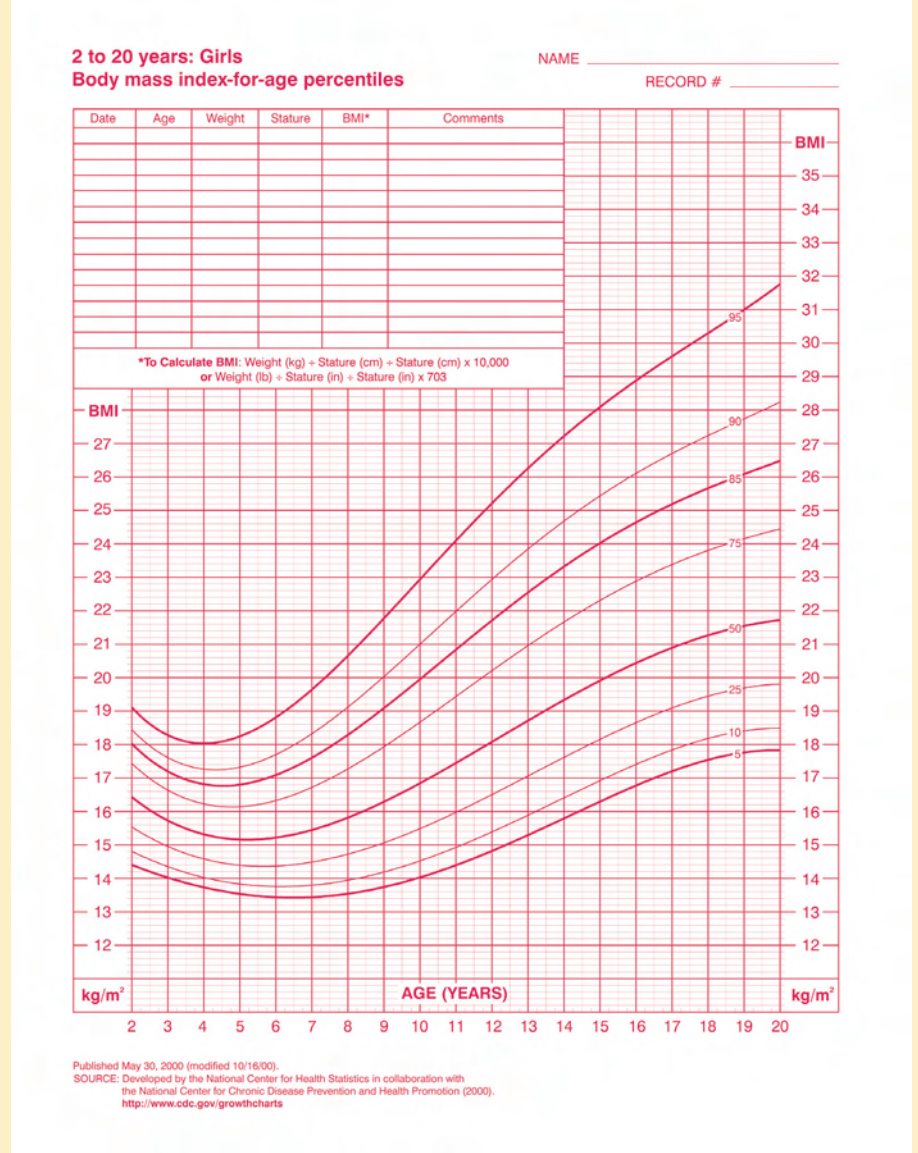
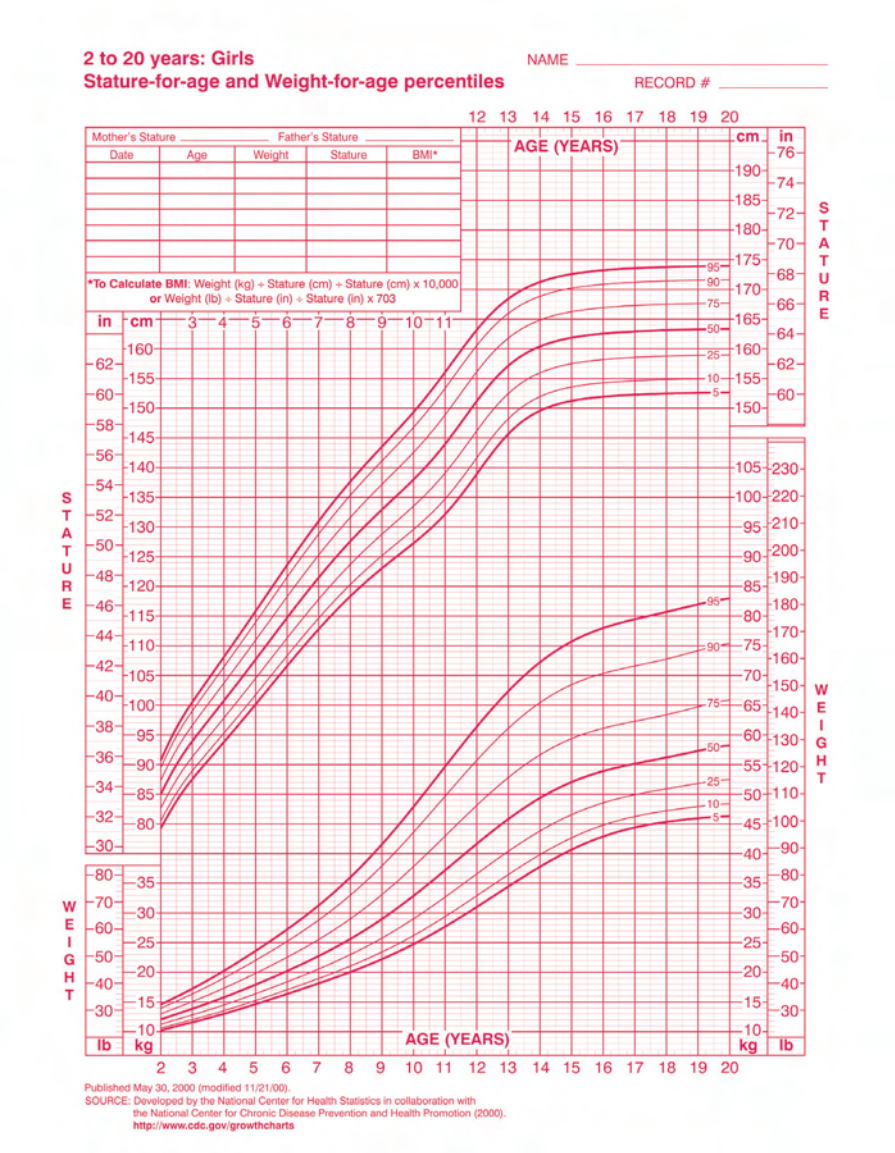
# Growth Charts

## GIRLS

Birth through 24 months

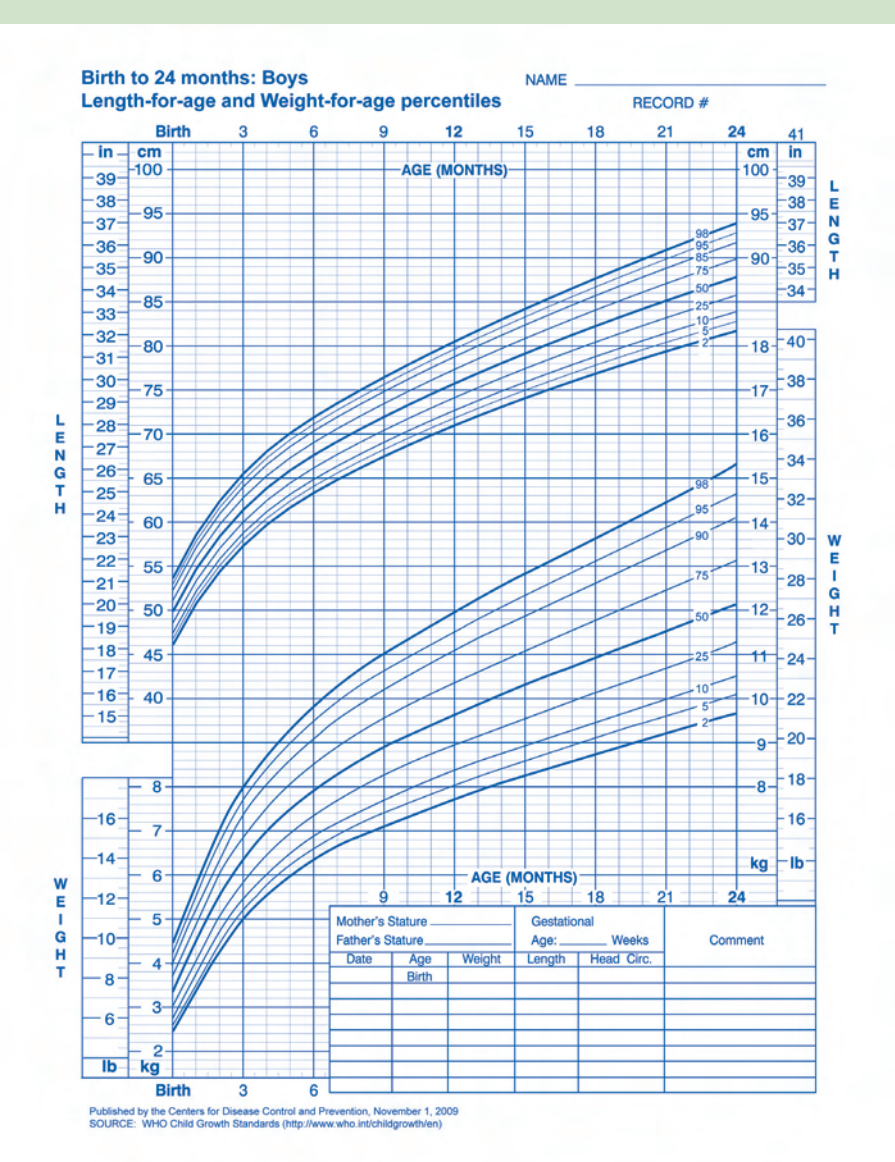


2 through 20 years

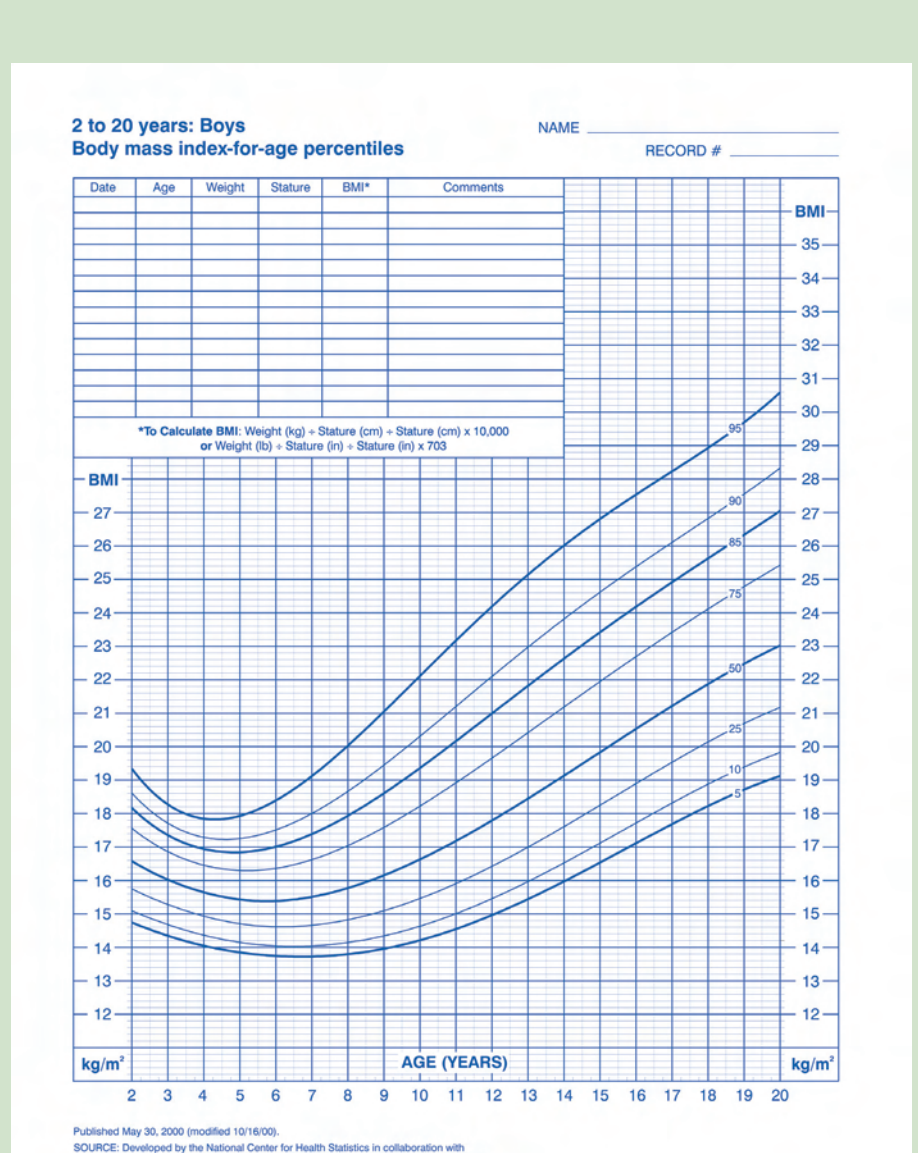
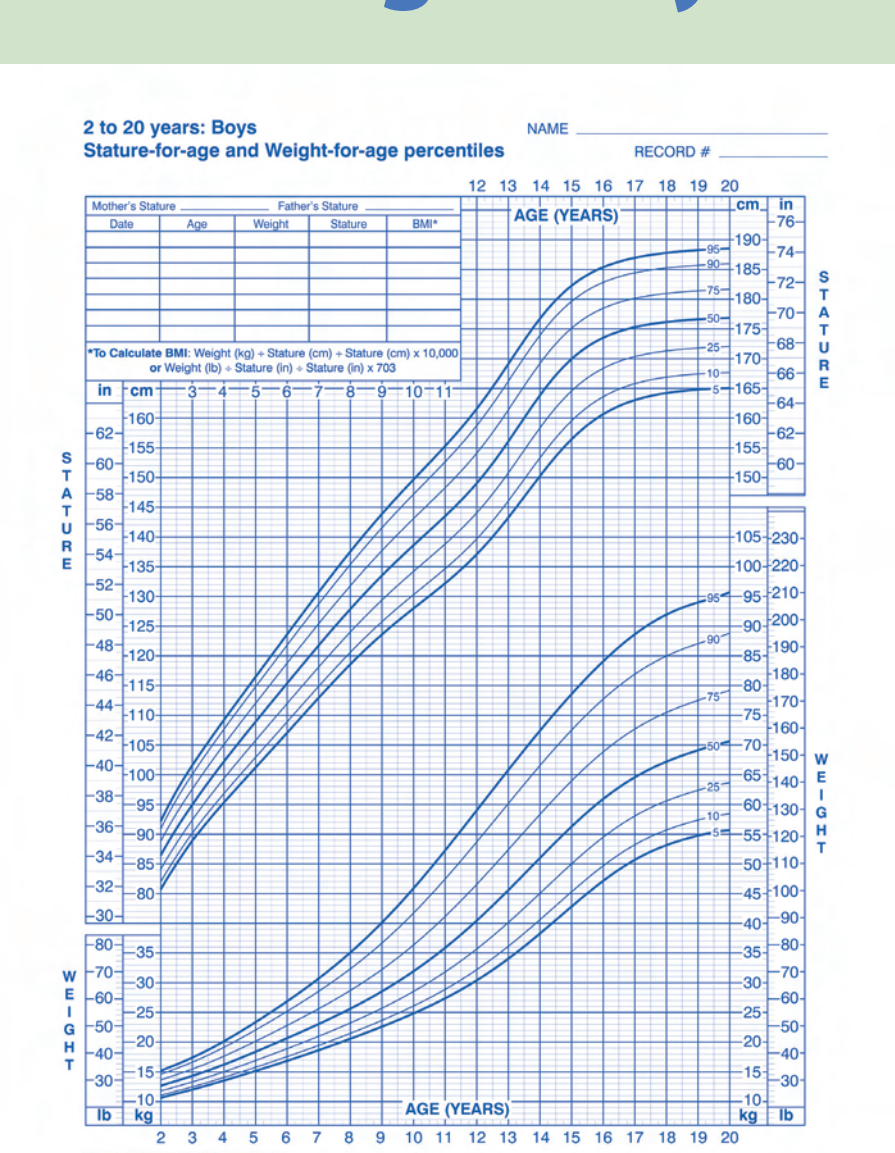


## BOYS

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.