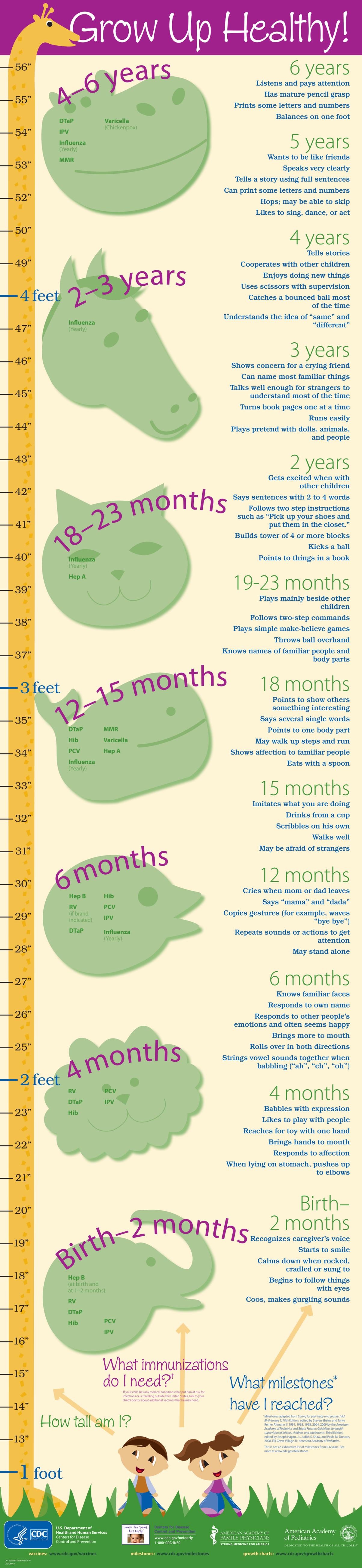


# Grow Up Healthy!



## 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?<sup>†</sup>

What milestones\* have I reached?

How tall am I?

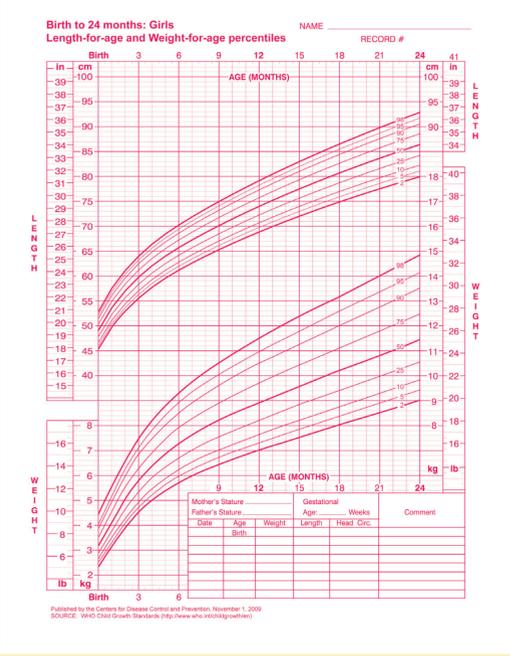
<sup>†</sup> If your child has any medical conditions that put him at risk for infections or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

\* Milestones adapted from *Caring for your baby and young child: Birth to age 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Allmann © 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](http://www.cdc.gov/milestones)

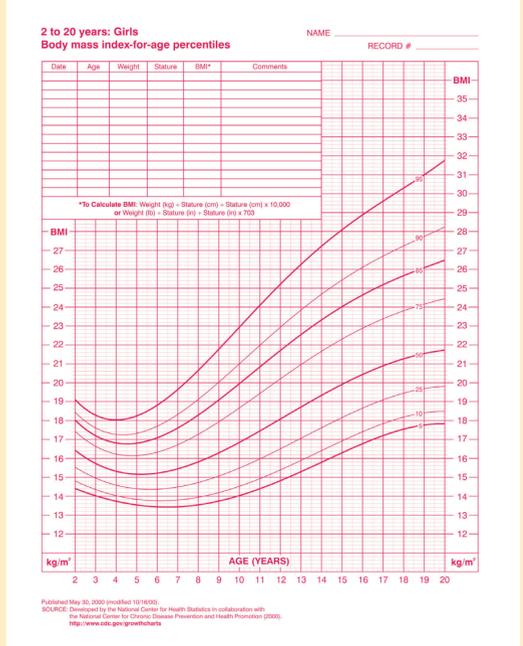
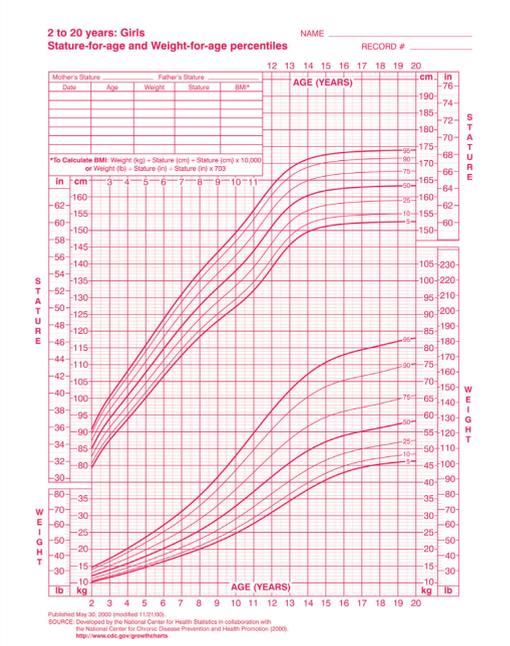
# Growth Charts

## GIRLS

### Birth through 24 months

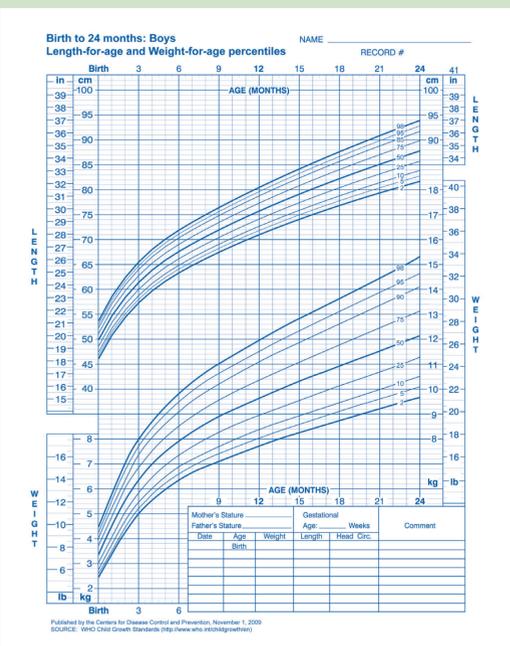


### 2 through 20 years

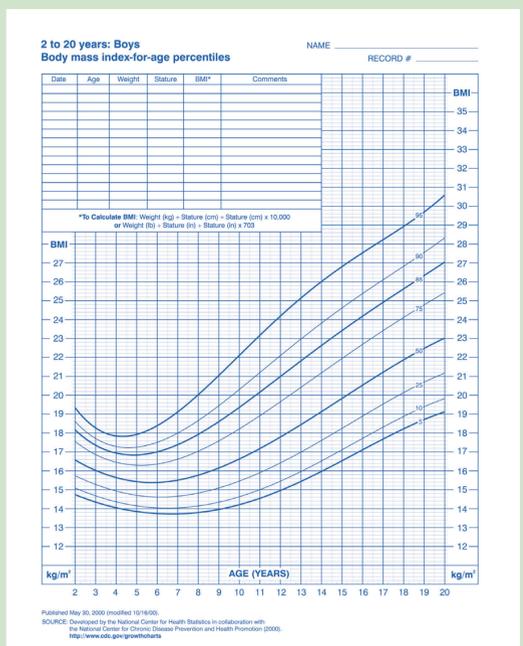
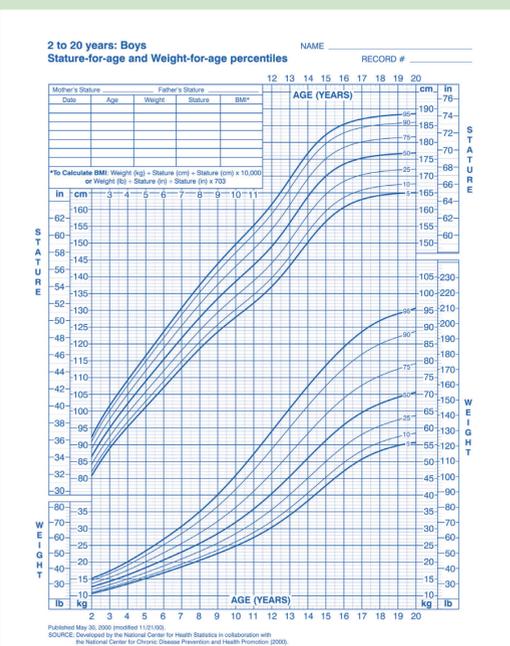


## BOYS

### 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.