# Grow Up Healthy!

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

8-23 months

56"

55"

54"

53"

52"

51"

50"

49"

47"

46"

45"

44"

43"

42"

41"

40"

39"

38"

35"

34"

33"

32"

31"

30"

29"

28"

27"

26"

25"

23"

22"

21"

20"

19"

18"

15"

14"

13"

Influenza

Hep A

Hib

**PCV** 

Influenza

Hep B

**DTaP** 

RV

**Varicella** 

Hep A

6 months

Hib

**PCV** 

**IPV** 

Influenza

4 feet

### 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

of the time

Catches a bounced ball most

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

### 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

Throws ball overhand Knows names of familiar people and

Points to show others

-3 feet\2-15 months body parts 18 months

### Follows two-step commands Plays simple make-believe games

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

### Amonths PCV **RV IPV DTaP** 2 feet Hib

### 2 months 2 months Recognizes caregiver's voice Calms down when rocked,

Begins to follow things with eyes Coos, makes gurgling sounds

cradled or sung to

#### **RV DTaP PCV** Hib **IPV** What immunizations

do I need?

(at birth and

at 1–2 months)

#### <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. How tall am 1?

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

What milestones\*

have I reached?

growth charts: www.cdc.gov/growthcharts



vaccines: www.cdc.gov/vaccines



www.cdc.gov/actearly 1-800-CDC-INFO STRONG MEDICINE FOR AMERICA

milestones: www.cdc.gov/milestones

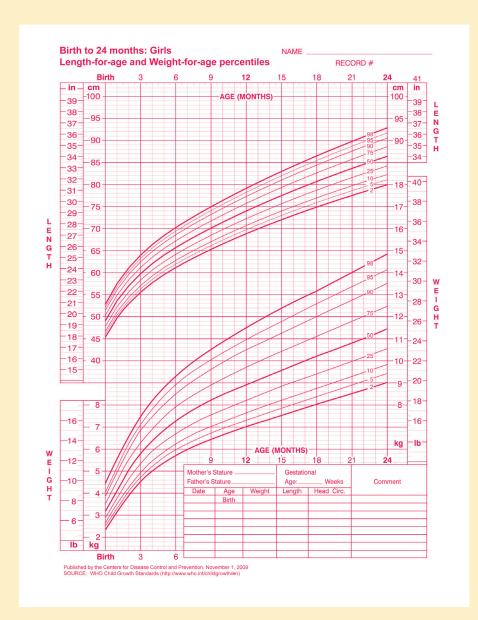


American Academy of Pediatrics

## Growth Charts

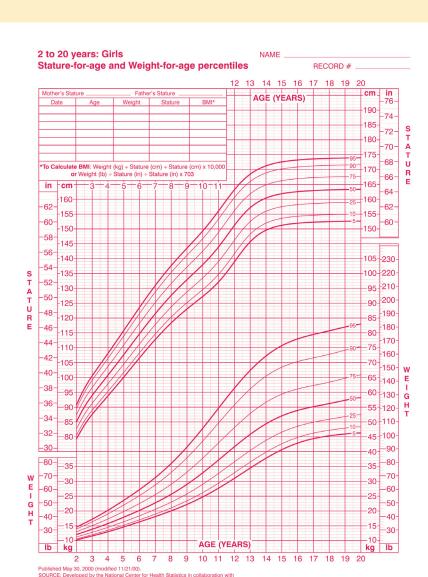
# GIRLS

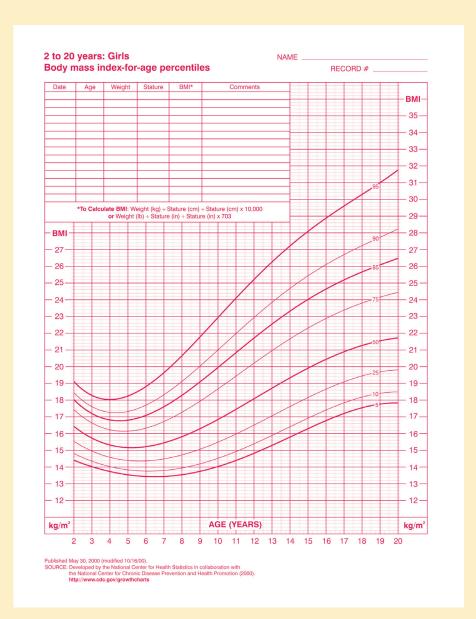
### Birth through 24 months





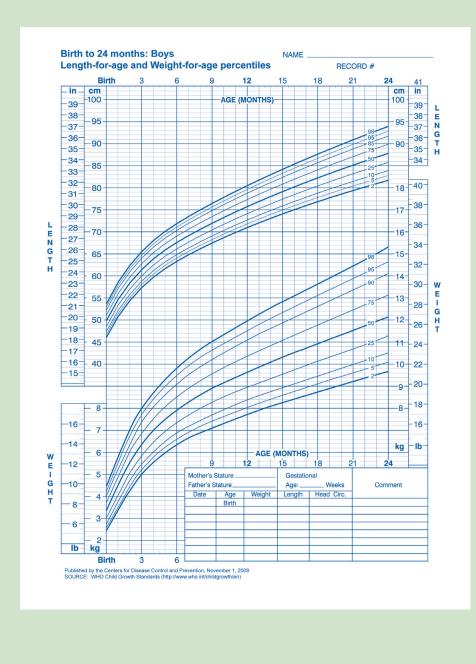
### 2 through 20 years





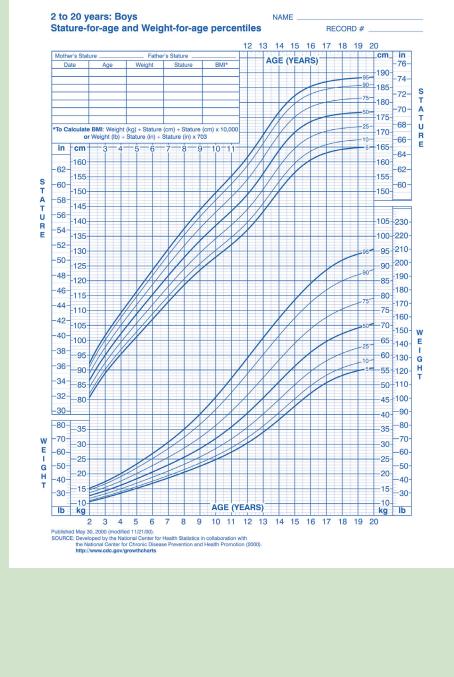
# BOYS

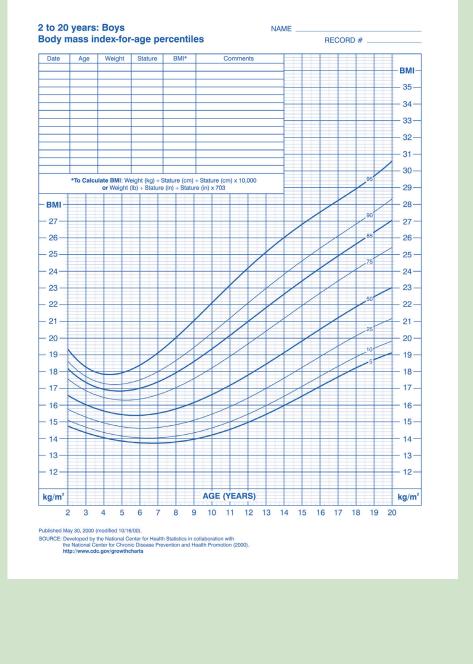
### Birth through 24 months





### 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.