

# Grow Up Healthy!

It is recommended that children have well visits at the milestone ages listed. These visits provide important services like tracking your child's growth and development; immunizations; and the opportunity to ask questions and/or share concerns about your child's physical, mental, and social health.

## 4-5 years

**Immunizations Needed**

Diphtheria, Tetanus, and Pertussis (DTaP)	COVID-19 <i>If not up-to-date</i>
Polio (IPV)	Measles, Mumps, Rubella (MMR)
Influenza (Flu) <i>Yearly</i>	Varicella (Chickenpox)

### 5 years

Follows rules or takes turns when playing games with other children  
Writes some letters in their name  
Counts to 10  
Uses or recognizes simple rhymes (bat-cat, ball-tall)

## 2-3 years

**Immunizations Needed**

Influenza (Flu) <i>Yearly</i>	COVID-19 <i>If not up-to-date</i>
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### 4 years

Likes to be a "helper"  
Pretends to be something else during play (teacher, superhero, dog)  
Talks about at least one thing that happened during their day, like "I played soccer."  
Unbuttons some buttons

## 18-23 months

**Immunizations Needed**

Influenza (Flu) <i>Yearly</i>	Hepatitis A (Hep A)
COVID-19 <i>If not up-to-date</i>	

### 3 years

Notices other children and joins them to play  
Talks well enough for others to understand, most of the time  
Draws a circle, when you show them how  
Puts on some clothes by themselves, like loose pants or a jacket

## 12-15 months

**Immunizations Needed**

Diphtheria, Tetanus, and Pertussis (DTaP)	COVID-19 <i>If not up-to-date</i>
Haemophilus Influenzae Type B (Hib)	Measles, Mumps, Rubella (MMR)
Pneumococcal (PCV)	Varicella (Chickenpox)
Influenza (Flu) <i>Yearly</i>	Hepatitis A (Hep A)

### 30 months

Says about 50 words  
Names things in a book when you point and ask, "What is this?"  
Follows two-step instructions like "Put the toy down and close the door."  
Jumps off the ground with both feet

## 6 months

**Immunizations Needed**

RSV preventive antibody*	Haemophilus Influenzae Type B (Hib) <i>if brand indicated</i>
Hepatitis B (Hep B)	Pneumococcal (PCV)
Rotavirus (RV) <i>if brand indicated</i>	Polio (IPV)
Diphtheria, Tetanus, and Pertussis (DTaP)	Influenza (Flu)
	COVID-19

### 2 years

Runs  
Looks at your face to see how to react in a new situation  
Says at least two words together, like "More milk."  
Tries to use switches, knobs, or buttons

## 4 months

**Immunizations Needed**

RSV preventive antibody*	Haemophilus Influenzae Type B (Hib)
Rotavirus (RV)	Pneumococcal (PCV)
Diphtheria, Tetanus, and Pertussis (DTaP)	Polio (IPV)

### 18 months

Scribbles  
Points to show you something interesting  
Copies you doing chores, like sweeping with a broom  
Looks at a few pages in a book with you

## 2 months

**Immunizations Needed**

RSV preventive antibody*	Haemophilus Influenzae Type B (Hib)
Hepatitis B (Hep B) <i>at birth and at 1-2 months</i>	Pneumococcal (PCV)
Rotavirus (RV)	Polio (IPV)
Diphtheria, Tetanus, and Pertussis (DTaP)	

### 15 months

Tries to use things the right way, like a phone, cup, or book  
Tries to say one or two words like "ba" for ball or "da" for dog  
Points to ask for something or to get help  
Takes a few steps on their own

## 2 months

**Immunizations Needed**

RSV preventive antibody*	Haemophilus Influenzae Type B (Hib)
Hepatitis B (Hep B) <i>at birth and at 1-2 months</i>	Pneumococcal (PCV)
Rotavirus (RV)	Polio (IPV)
Diphtheria, Tetanus, and Pertussis (DTaP)	

### 12 months

Calls a parent "mama" or "dada"  
Waves "bye-bye"  
Puts something in a container, like a block in a cup  
Pulls up to stand

**What immunizations do I need?**

If your child has any medical conditions that put them at risk for infections or is traveling outside the United States, talk to your child's doctor about additional immunizations that they may need.

\*RSV preventive antibody indicated shortly before or during RSV season if not previously received and mother did not receive RSV vaccine.

**How tall am I?**

**What milestones have I reached?**

These developmental milestones show what most children (75% or more) can do by each age. Download CDC's free Milestone Tracker App to see a full list of milestones and complete a checklist for your child's age.

### 9 months

Looks when you call their name  
Makes different sounds like "mamamama" and "babababa"  
Lifts arms up to be picked up  
Sits without support

### 6 months

Laughs  
Takes turns making sounds with you  
Reaches to grab a toy they want  
Rolls from tummy to back

### 4 months

Makes sounds like "ooo", "aahh"  
Looks at you, moves, or makes sounds to get or keep your attention  
Holds a toy when you put it in their hand  
Pushes up onto elbows/forearms when on tummy

### 2 months

Calms down if spoken to or picked up  
Smiles when you talk to or smile at them  
Makes sounds other than crying  
Opens hands briefly

