



One year



Your toddler may be ready to...

- ✿ Pull himself to stand, cruise, and take a few steps alone
- ✿ Play pat-a-cake, peekaboo, or so-big; bang blocks together; look for dropped or hidden objects
- ✿ Say 1-3 words; imitate sounds; wave "bye-bye"
- ✿ Point with her fingers and feed herself

Health visit

- ✿ This is a good time to ask your health care provider any questions you have.
- ✿ Talk about how things are going with your toddler. Talk about different types of nutritious snacks (see page 94 for tips) and how well he is drinking from a cup.
- ✿ Share any concerns about your toddler's behavior: how to handle hitting, biting or aggressive behavior; how to encourage a toddler who is shy; how to teach self-care and self-quieting behavior.
- ✿ Explain how you have rechecked your home for hazards at your toddler's walking level.

Your health care provider may...

Check your toddler's length, weight, head size, ears, eyes, nose, mouth, teeth, heart sounds, feet, walk, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ give a Tuberculin Test (PPD) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 75)





Fifteen months

Your toddler may be ready to...

- ☼ Say 3-10 words; understand simple commands; listen to stories
- ☼ Point to parts of his body
- ☼ Walk well; stoop; climb stairs; stack two blocks
- ☼ Feed herself using her fingers; drink from a cup
- ☼ Tell what he wants by pulling, pointing, or grunting

Health visit

- ☼ This is a good time to ask your health care provider any questions you have.
- ☼ Talk about how things are going with your toddler. Talk about the different types of activities you and your toddler enjoy doing together: reading books, playing games, singing songs.
- ☼ Share your concerns about your toddler's behavior: how to handle hitting, biting or aggressive behavior; how to encourage a toddler who is shy; how to encourage self-quieting behavior.
- ☼ Talk about how you are handling child care or baby-sitting situations.

Your health care provider may...

Check your toddler's length, weight, head size, ears, eyes, nose, mouth, teeth, heart sounds, feet, walk, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ give a Tuberculin Test (PPD) ☉ take a blood sample ☉ give an immunization (see the immunization schedule on page 76)





Eighteen months



Your toddler may be ready to...

- ☼ Walk quickly; run stiffly; walk backwards
- ☼ Throw balls; pull toys along the ground; stack three blocks
- ☼ Say 15-20 words; imitate words; use two-word phrases; follow simple directions
- ☼ Listen to a story; look at pictures; point to some body parts; name objects; scribble
- ☼ Show affection; start to kiss
- ☼ Know how to use a spoon and cup

Health visit

- ☼ This is a good time to ask any questions you have.
- ☼ Talk about how things are going with your toddler such as her playmates and activities she enjoys.
- ☼ Describe how your toddler is developing: taking care of his new teeth, eating with hands and utensils, using a bicycle helmet, becoming interested in toilet training.
- ☼ Share your concerns about your toddler's behavior: setting a small number of specific rules and consistently enforcing them.

Your health care provider may...

Check your toddler's length, weight, head size, ears, eyes, nose, mouth, teeth, heart sounds, feet, walk, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ☉ give a Tuberculin Test (PPD) ☉ take a blood sample ☉ give an immunization (see





Two years



Your toddler may be ready to...

- ✿ Go up and down stairs one step at a time
- ✿ Kick a ball, stack five blocks
- ✿ Know at least 20 words, say two-word phrases
- ✿ Follow directions with two parts
- ✿ Imitate adults

Health visit

- ✿ This a good time to ask any questions you have.
- ✿ Talk about how things are going with your toddler: changes in sleeping and eating habits.
- ✿ Share how things are going with your toddler's development: toilet training, making choices, responding to limits, and language development.
- ✿ Talk about your toddler's curiosity about his body; ask how to address this.

Your health care provider may...

Check your child's height, weight, head size, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ● give a Tuberculin Test (PPD) ● take a blood sample ● give an immunization (see the immunization schedule on page 75)





Three years

Your child may be ready to...

- ✿ Jump or kick a ball; ride a tricycle
- ✿ Know his name, age and sex
- ✿ Copy circles and crosses
- ✿ Dress and feed herself

Health visit

- ✿ This is a good time to ask any questions you have.
- ✿ Talk about how things are going with your toddler: feeding himself; dressing himself. Any illnesses?
- ✿ Share how things are going with your toddler's development: toilet training; speech development; caring for teeth.
- ✿ Talk about how your toddler explores safely; makes friends.
- ✿ Discuss any behavior issues: listening to and respecting others; handling quarrels with siblings.
- ✿ Talk about any advice from family, friends, or other sources you have questions about.

Your health care provider may...

Check your child's height, weight, ears, eyes, nose, mouth, teeth, heart sounds, reflexes and responses, skin, and do other procedures (see the *Physical exam checklist* on page 81) ⦿ give a Tuberculin Test (PPD) ⦿ check blood pressure ⦿ take a blood sample ⦿ give an immunization (see the immunization schedule on page 75)





Four years

Your child may be ready to...

- ✿ Sing a song; talk about things he did during the day
- ✿ Draw a person with three body parts
- ✿ Tell the difference between fantasy and reality
- ✿ Give her first and last name
- ✿ Build a 10-block tower; hop on one foot; throw a ball overhand; ride a tricycle



Health visit

- ✿ This is a good time to ask any questions you have.
- ✿ Talk about how things are going with your child: preparing for preschool, child care, or Head Start; handling independence.
- ✿ Describe how your child is developing: learning new skills, making friends.
- ✿ Discuss any behavior issues: listening to and respecting others; getting along with brothers and sisters.



Your health care provider may...

Check height, weight, ears, eyes, nose, mouth, teeth, heart sounds, walk, reflexes and responses, skin, and other procedures (see the *Physical exam checklist* on page 81) ⊙ give a Tuberculin Test (PPD) ⊙ check blood pressure ⊙ take a blood sample ⊙ give an immunization (see the immunization schedule on page 75).