

53

52

51

50

49

4 ft

47

46

45

44

43

42

41

40

39

38

37

3 ft

35

34

33

32

31

30

29

28

27

26

2 ft

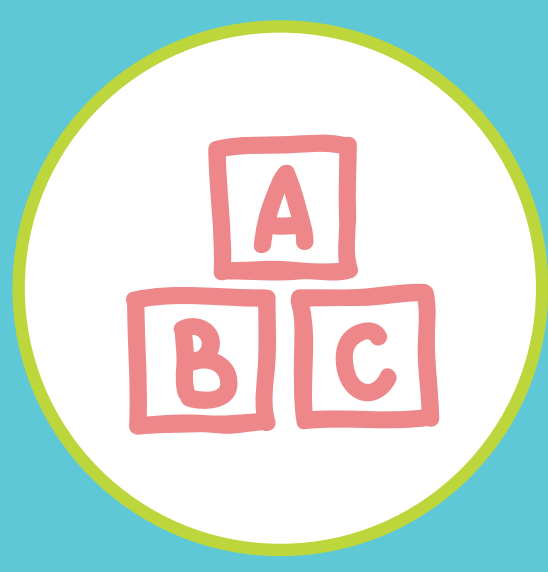
23

22

21

20

19



baby!



5-year-old

Average height and weight: 40" and 41 lbs

WHAT I MAY BEGIN TO DO

- Talk about what I did all day
- Skip
- Use child safety scissors
- Dress myself and brush my teeth
- Share with others

WHAT I NEED

- My yearly checkup, dental and vision exam
- You to tell me how very special I am!

4-year-old

Average height and weight: 37" and 36 lbs

WHAT I MAY BEGIN TO DO

- Ask "Why?" a lot
- Catch a ball with both hands
- Draw simple shapes
- Name five colors
- Develop friendships

WHAT I NEED

- My yearly checkup and dental exam
- You to tell me I did a great job!

3-year-old

Average height and weight: 33" and 32 lbs

WHAT I MAY BEGIN TO DO

- Understand the words "up/down" and "on/under"
- Jump with both feet
- Draw a straight line and circle
- Put on my coat
- Take turns, with your help

WHAT I NEED

- My 36-month checkup and dental exam
- Lots of hugs and "I love yous"

2-year-old

Average height and weight: 30.5" and 28 lbs

WHAT I MAY BEGIN TO DO

- Form 2-3 word sentences
- Kick a ball
- Use a spoon and fork
- Display negative feelings and behaviors

WHAT I NEED

- My 24-month checkup and dental exam
- You to cuddle and read with me

1-year-old

Average height and weight: 28.5" and 22 lbs

WHAT I MAY BEGIN TO DO

- Say "Mama" and "Dada"
- Take a few steps
- Throw a ball
- Use a cup with both hands
- Cry when you leave

WHAT I NEED

- My 12-month checkup (15 and 18 months, too)
- First dental exam
- You to snuggle and sing me songs



Hang bottom of chart 18" from floor. Mark your child's height in the yellow bar every six months or on birthdays.

