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5-year-old

Average height & weight: 40" & 41 lbs

WHAT I MAY BEGIN TO DO

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

WHAT I NEED

- My yearly check up, dental & vision exam
- You to tell me how very special I am!

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4-year-old

Average height & weight: 37" & 36 lbs

WHAT I MAY BEGIN TO DO

- Ask "Why?" a lot
- Catch a ball with both hands
- Draw simple shapes
- Name 5 colors
- Develop friendships

WHAT I NEED

- My yearly check up & dental exam
- You to tell me I did a great job!



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3-year-old

Average height & weight: 33" & 32 lbs

WHAT I MAY BEGIN TO DO

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

WHAT I NEED

- My 36-month check up & dental exam
- Lots of hugs & "I love yous"

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2-year-old

Average height & weight: 30.5" & 28 lbs

WHAT I MAY BEGIN TO DO

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

WHAT I NEED

- My 24-month check up & dental exam
- You to cuddle & read with me

29

28

1-year-old

Average height & weight: 28.5" & 22 lbs

WHAT I MAY BEGIN TO DO

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

WHAT I NEED

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

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OH baby!

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Hang bottom of chart 18" from floor.
Mark your child's height in the yellow bar.

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