

BY 5 YEARS OLD
ICAR

- Can dress and undress myself without much help
- Run, jump, hop, skip and climb with ease
- Follow three step directions
- Ask and answer who, what, when, where questions
- Play well with others in a group
- Enjoy games and follow simple rules
- Recognize my printed name
- Name 2-3 colors
- Count to 3

MY FAMILY CARE:

- Help me understand and follow a few simple "rules"
- Read, read, read to me
- Point out words and teacher symbols for me to learn
- Sit and cover all kinds of household things with me
- Talk about things that are "in, out, on, under and behind"
- Let me help plan activities and events
- Talk to me being good and encourage me the good things I do

2007 1

Development Wheel

A Guide to Your Child's Development, Parenting, Health and Safety.



for Children and Families



AT 5 YEARS OLD
KEEP ME HEALTHY AND SAFE:

- I still need to ride in the back seat with seat belt buckled up
- Help me learn my full name and address
- Talk to me about our fire plan at home
- I need 9 to 10 hours of sleep at night
- I like plain and simple food with balanced meals
- I need milk, juice and water rather than pop or tea
- I need all my immunizations up to date to start school
- Continue my "well child" check-ups with my Doctor and Dentist!



for Children and Families

No two babies ever develop or grow in the same way or do things at the exact same time. This "wheel" lists a few things that infants, toddlers and young children might do around the suggested ages. There are also some ideas for families to help their children grow and be healthy. If you have questions about how your child is growing or developing please call Early ACCESS at the number below or talk to your health care professional.

50022

1-800-779-2001

Recommended Childhood Immunization Schedule*

Age	Birth	1 mo	2 mo	4 mo	6 mo	12 mo	15 mo	18 mo	24 mo	4-6 yrs	11-12 yrs	14-16 yrs
Vaccine	Hep B					Hep B						
Diphtheria, Tetanus, Pertussis			DTPa	DTPa	DTPa			DTPa		DTPa	Td	
H influenza type b			HiB	HiB	HiB							
Polio			IPV	IPV		IPV				IPV		
Measles, Mumps, Rubella							MMR					
Varicella								Var				
Hepatitis A												Hep A in selected areas

*Vaccines are listed under routinely recommended ages. (1-12) indicate range of recommended ages for immunization. Any dose not given at the recommended age should be given at a "catch-up" immunization at any subsequent visit when indicated and feasible. (1-12) indicate vaccines to be given if previously recommended doses were missed or given earlier than the recommended immunization age. Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP). Schedule recommended as of June 2008. Consult your health care provider or doctor for the most current vaccine requirements.

Funded and developed with IDEA,
Part C federal grant funds and Iowa Early ACCESS.

AT 6 MONTHS OLD
KEEP ME HEALTHY AND SAFE:

AT 3 MONTHS OLD
KEEP ME HEALTHY AND SAFE:

AT 4 YEARS OLD
KEEP ME HEALTHY AND SAFE:

AT 5 YEARS OLD
KEEP ME HEALTHY AND SAFE:

AT 7 YEARS OLD
KEEP ME HEALTHY AND SAFE:

AT 12 MONTHS OLD
KEEP ME HEALTHY AND SAFE:

AT 18 MONTHS OLD
KEEP ME HEALTHY AND SAFE: