

## 18 MONTHS

### Physical skills:

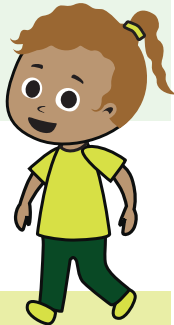
- Walks without help
- Tries to climb stairs
- Can stack 3 cubes

### Social and emotional wellbeing:

- Says simple words
- Copies other people
- Points to objects or pictures when named

### Immunisations due:

- Measles, mumps, rubella, varicella (chickenpox)
- Haemophilus influenzae type B (Hib)
- Diphtheria, tetanus, pertussis (whooping cough)
- Hepatitis A



## 4 YEARS

### Physical skills:

- Hops and stands on one foot for a few seconds
- Uses scissors to cut simple shapes

### Social and emotional wellbeing:

- Speaks in full sentences and tells stories
- Enjoys playing pretend and asking lots of questions
- Understands taking turns in play

### Immunisations due:

- Diphtheria, tetanus, polio pertussis (whooping cough),
- Pneumococcal
- Hepatitis A



Keeping up with your bub's immunisations and growth are great ways to keep them healthy. Immunisation visits are also a good time to yarn with your nurse or Health Worker about how your child is going.

If bub is still learning some skills or you're worried about how they're growing, it's okay to ask for help.

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Talk to your doctor, nurse or Health Worker. They will support you and your bub.

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Scan the QR code to find your nearest Aboriginal and Islander community controlled health service to arrange a visit.



# 0-4 YEARS BUB'S GROWTH & IMMUNISATIONS

## Do you want to know how your bub is growing?

Keep track of your bub's growth and their immunisation with this handy guide.

It shows the ages of your bub and how bub should be developing and growing at that age. Bub grows really quickly! Make sure your bub's growth is on track and that bub can get their immunisation at each stage of their growth.

Keeping healthy means getting bub's immunisations on time. Being on time will protect them from disease so that they grow up strong.

## BIRTH

### Physical skills:

- Starts moving head from side to side

### Social and emotional wellbeing:

- Cries when hungry, uncomfortable or wants to be held

### Immunisations due:

- Hepatitis B (given in hospital)
- Tuberculosis
- Respiratory Syncytial Virus (RSV) *(unless mum's had it when pregnant)*



## 4 MONTHS

### Physical skills:

- Hold head up without support
- May push up on hands during tummy time

### Social and emotional wellbeing:

- Shows interest in watching faces and objects
- Begins to babble and make different sound

### Immunisations due:

- Diphtheria, tetanus, pertussis (whooping cough), polio, hepatitis B, Haemophilus influenzae type B (Hib)
- Pneumococcal
- Rotavirus
- Meningococcal B



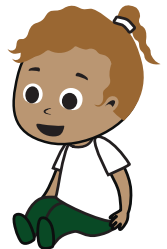
## 9 MONTHS

### Physical skills:

- Gets to a sitting position by themselves
- Sits without support
- Crawls
- Looks for objects when dropped out of sight (like a spoon or toy)
- Bangs two things together

### Social and emotional wellbeing:

- Shows facial expressions like: happy, sad, angry, and surprised
- Makes a lot of different sounds like 'mamamama' and 'bababababa'



## 2 MONTHS

### Physical skills:

- Begins to lift head during tummy time
- Opens and closes hands

### Social and emotional wellbeing:

- Starts to smile socially
- Begins to follow things with eyes

### Immunisations due (can get from 6 weeks old):

- Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, Haemophilus influenzae type B (Hib), polio
- Pneumococcal
- Rotavirus
- Meningococcal B



## 6 MONTHS

### Physical skills:

- Rolls from tummy to back, pushes up with straight arms when on tummy
- Reaches to grab a toy they want

### Social and emotional wellbeing:

- Takes turns making sounds with you, and makes squealing noises

### Immunisations due:

- Diphtheria, tetanus, pertussis (whooping cough), hepatitis B, polio, Haemophilus influenzae type B (Hib)
- Pneumococcal



## 12 MONTHS

### Physical skills:

- Pulls self up to stand.
- Walks while holding on to furniture
- Picks up small objects with thumb and finger

### Social and emotional wellbeing:

- Can say 2-3 words such as mama, dada or nanna
- May be shy or anxious with strangers

### Immunisations due:

- Measles, mumps, rubella
- Meningococcal ACWY
- Pneumococcal
- Meningococcal B

