

Checking your baby's growth

At your child's wellness visits, a nurse or doctor will weigh and measure the length (from heel to crown) of your baby. These measurements are then plotted on growth charts: weight for age and length for age, with separate charts for boys and girls (*below*). The measurements can reassure breast-feeding mothers who do not know exactly how much their babies are getting.

Over time, a child's measurements should give a gradual upward curve, indicating normal growth. If growth is steady there is usually no cause for concern, even if a child stays within a low percentile. However, if your child's

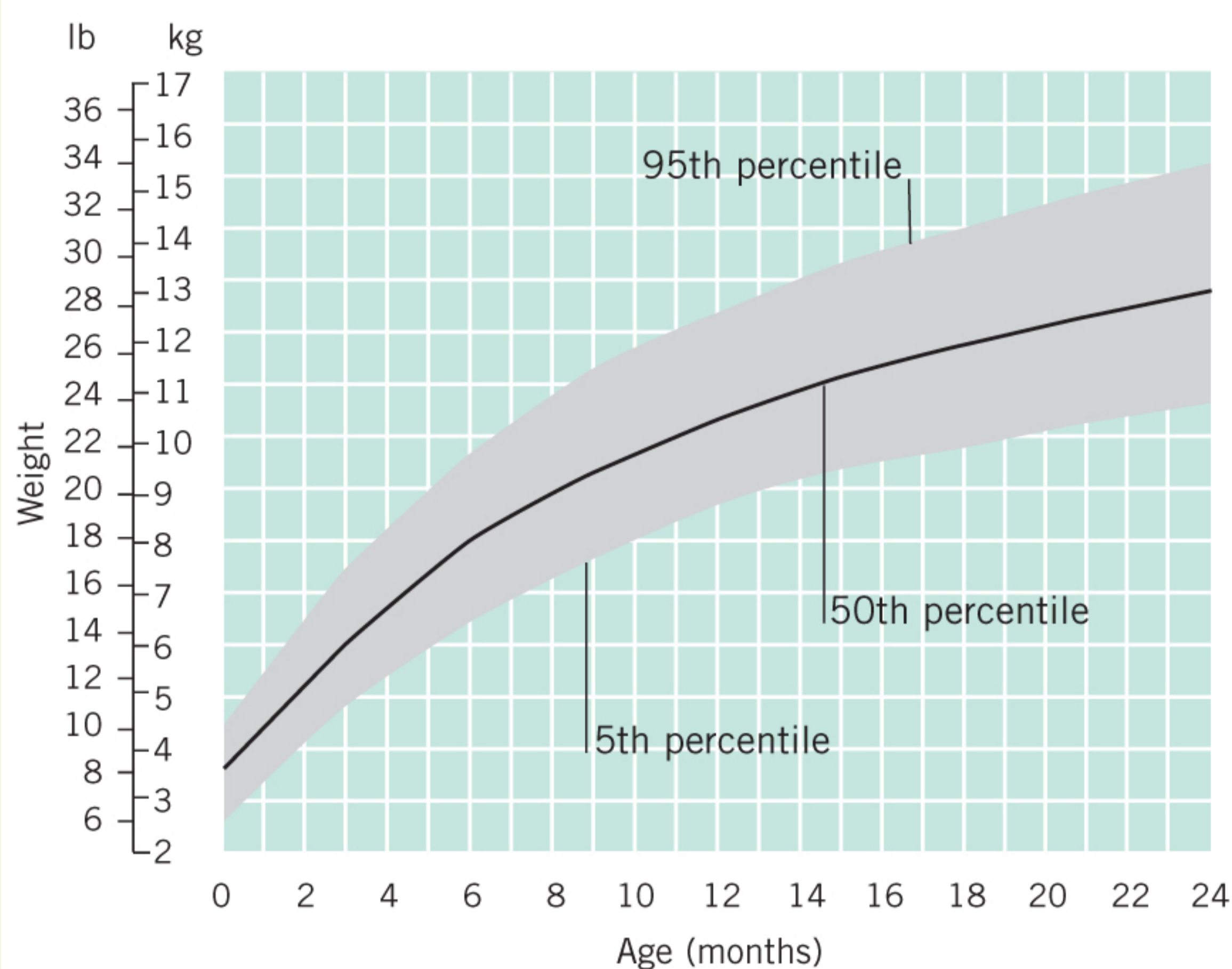
weight, length, or head circumference radically shifts or plateaus in a short period of time, your baby's doctor should further evaluate the cause. Most children are measured heel to crown until 24 months, although small or ill children may be measured in this way until 36 months.

Using the charts Find your baby's weight or length on the left of the chart and follow the horizontal line across until it meets the vertical line from your child's age. Mark a cross here. Plotting this at regular intervals will create a curve that lets you track your child's growth and development easily.

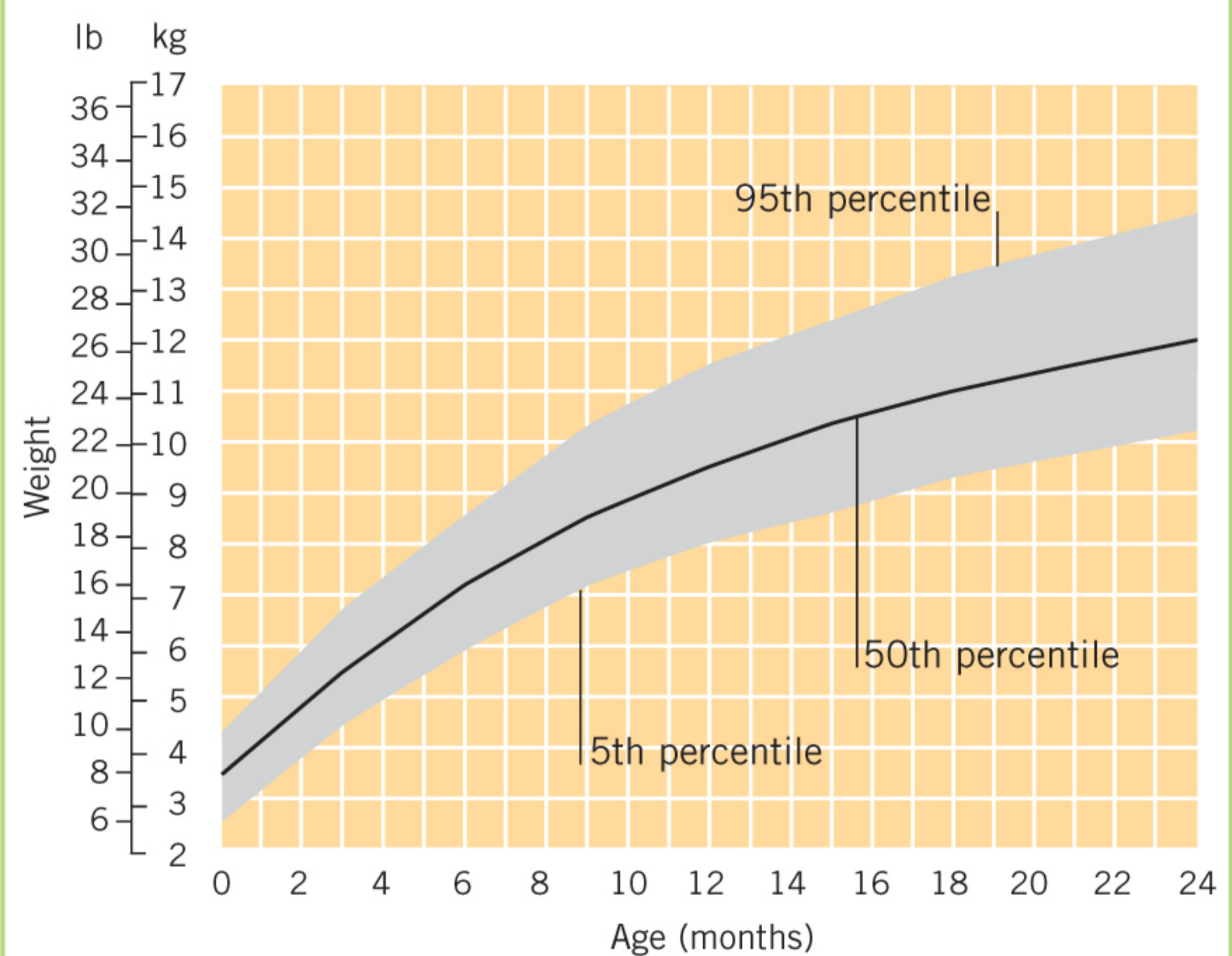


Weighing a baby A nurse or doctor will weigh and measure the length of your baby at each visit to ensure his or her growth is normal.

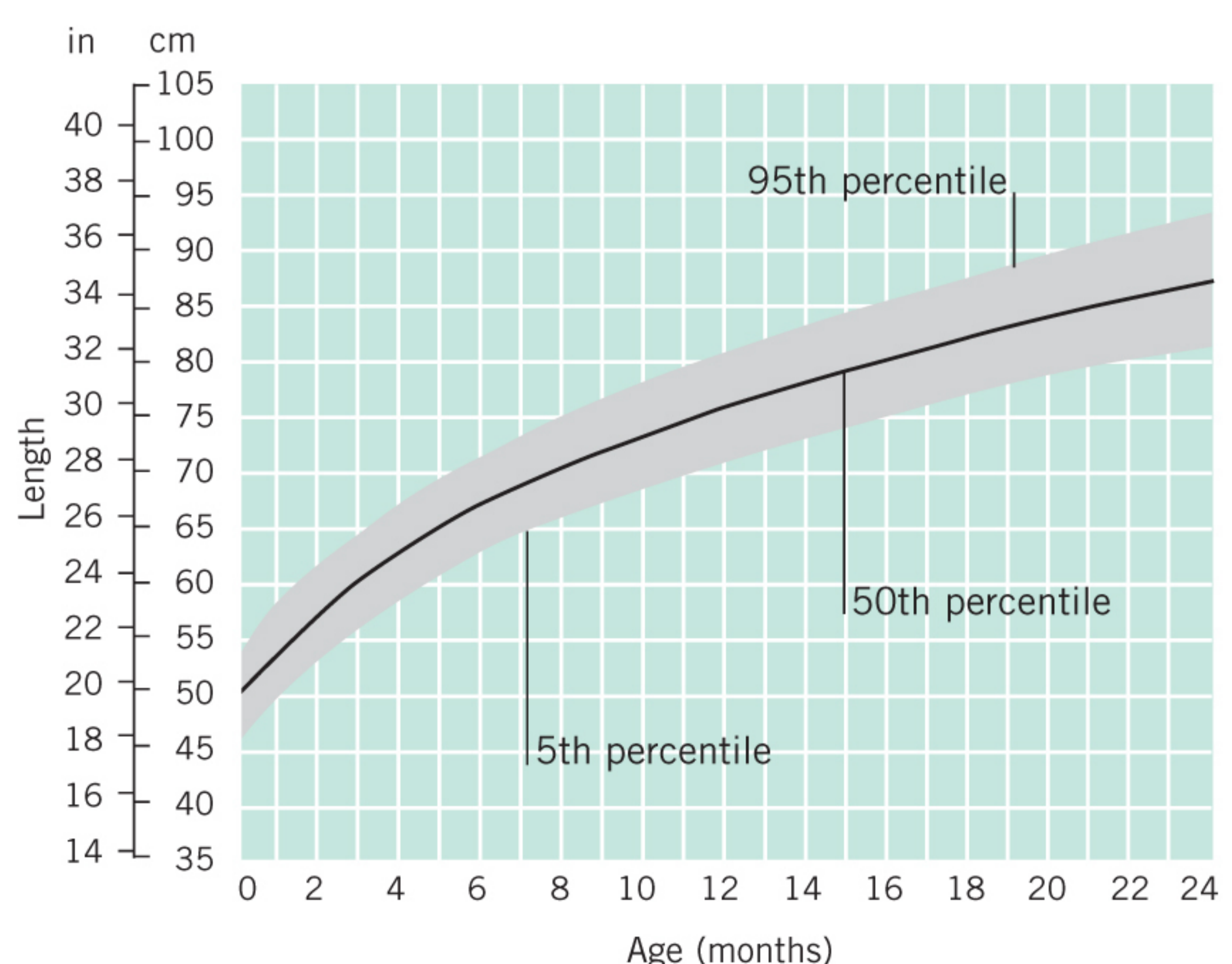
BOYS' WEIGHT (0–2 YEARS)



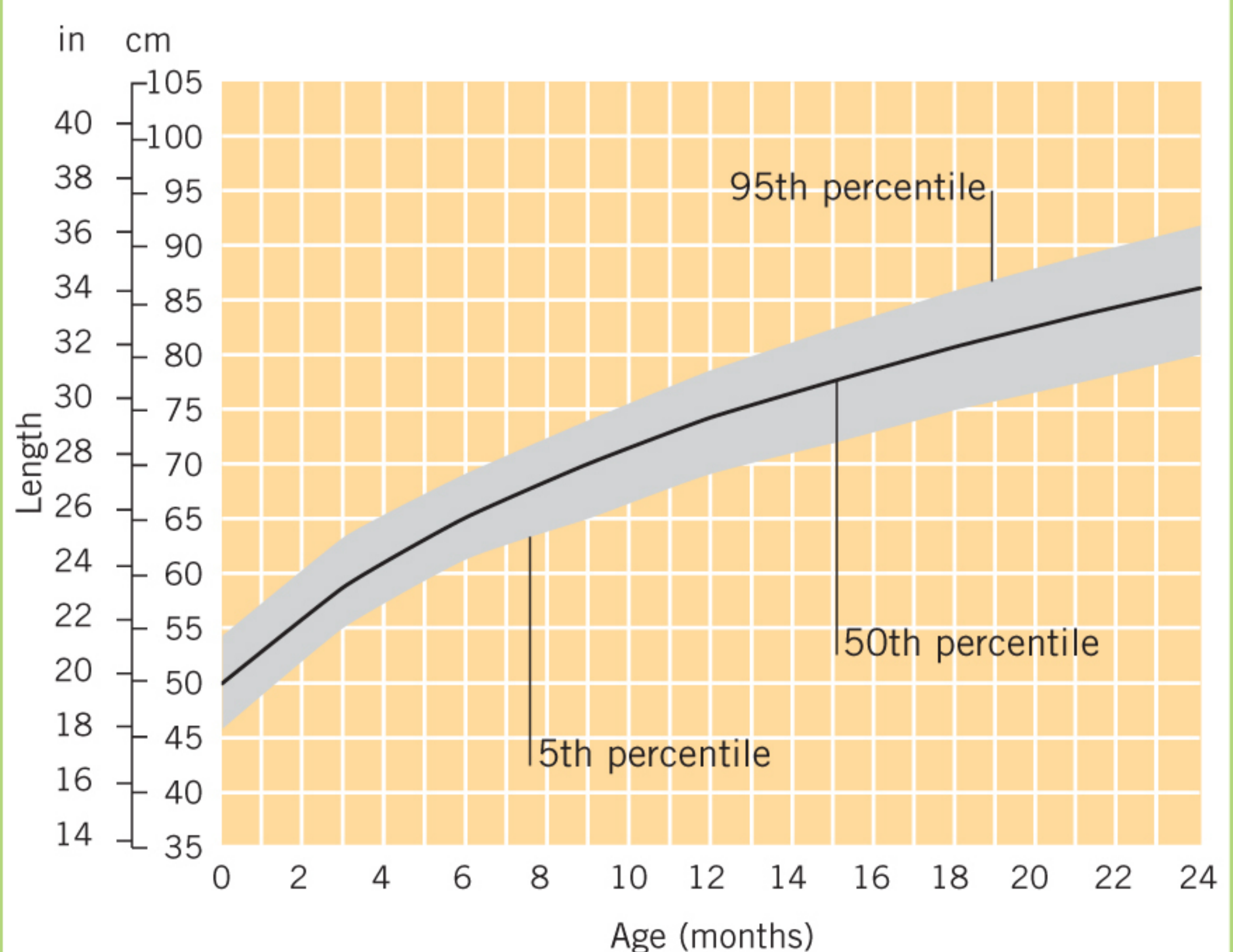
GIRLS' WEIGHT (0–2 YEARS)



BOYS' LENGTH (0–2 YEARS)



GIRLS' LENGTH (0–2 YEARS)



Source:

Nutrition for Life by Lisa Hark, PhD, RD and Darwin Deen, MD

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