

# Growth charts



## Growth charts

Babies grow quickly, especially over the first 12 months. Once your baby is a toddler (1 – 3 years) their growth will slow down.

It's a good idea to record your child's growth over time. You can plot their weight and height at different ages and see if they follow a growth curve. This is more important than where they are on the chart at any one time.

## Measuring growth

You can weigh your baby yourself, at your Child and Family Health Service centre or a chemist. **Once a month** is usually enough as it is normal for weight to go up and down from day to day. If you need help with this, make a time with your Child and Family Health Service nurse. Until your baby turns 1, weigh them without clothes to give an accurate weight.

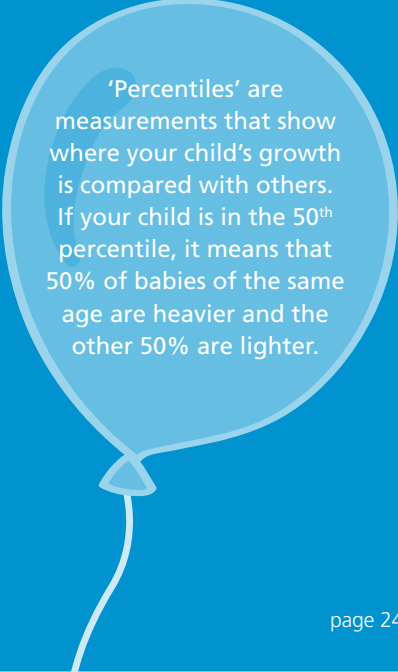
## Plotting growth

Your doctor or Child and Family Health Service nurse can explain how to plot the graphs and can pick up on any growth problems (such as underweight or overweight) by looking at your child's growth chart. After your toddler

turns 2, your health professional may also plot their Body Mass Index (BMI), which gives an indication of healthy weight or if your child is at risk of being overweight.

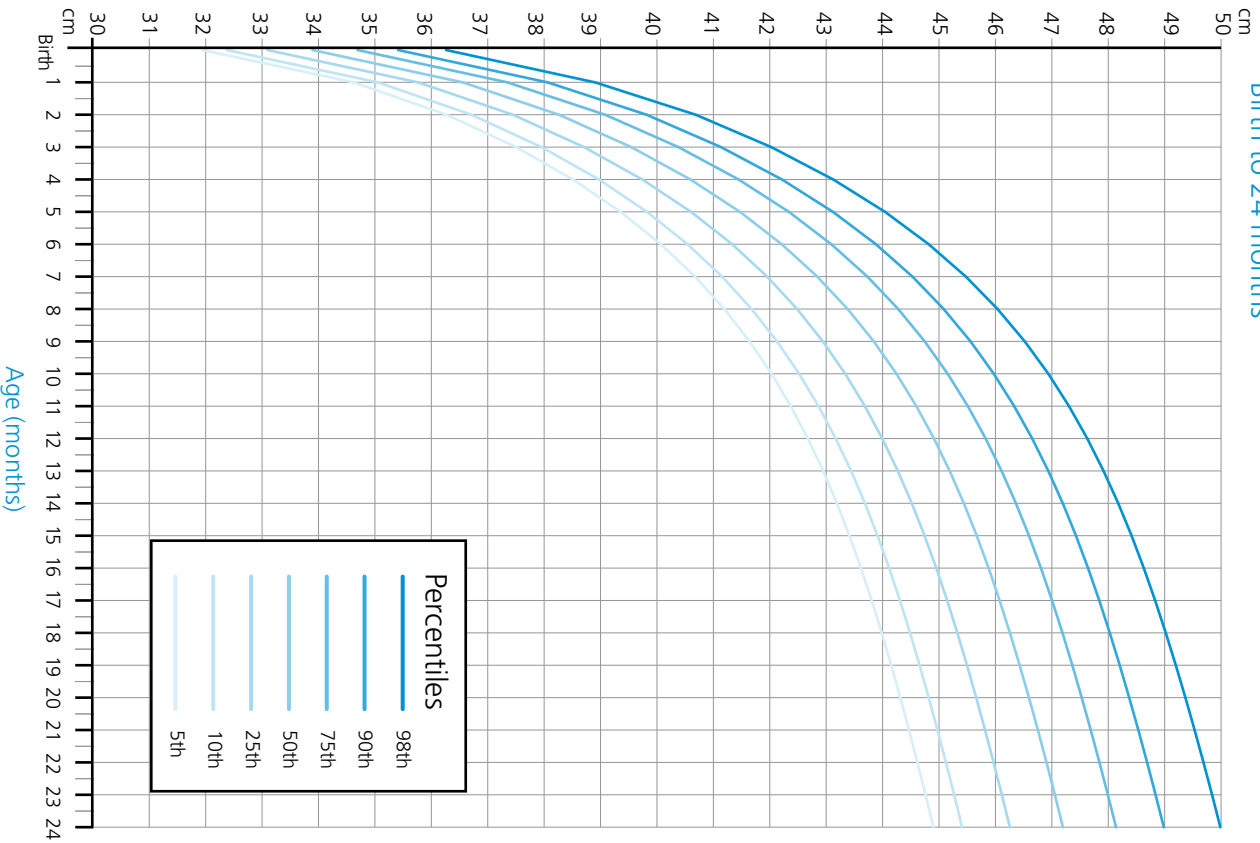
## Talk with your health professional

If you are worried about your child's weight or height, or if your child seems to be dropping or increasing percentiles, see your health professional to discuss this with them. If your child is sick or has a health problem, this can affect their growth and development. If your baby was born prematurely, their age needs to be corrected when plotting on the chart until they turn 2.



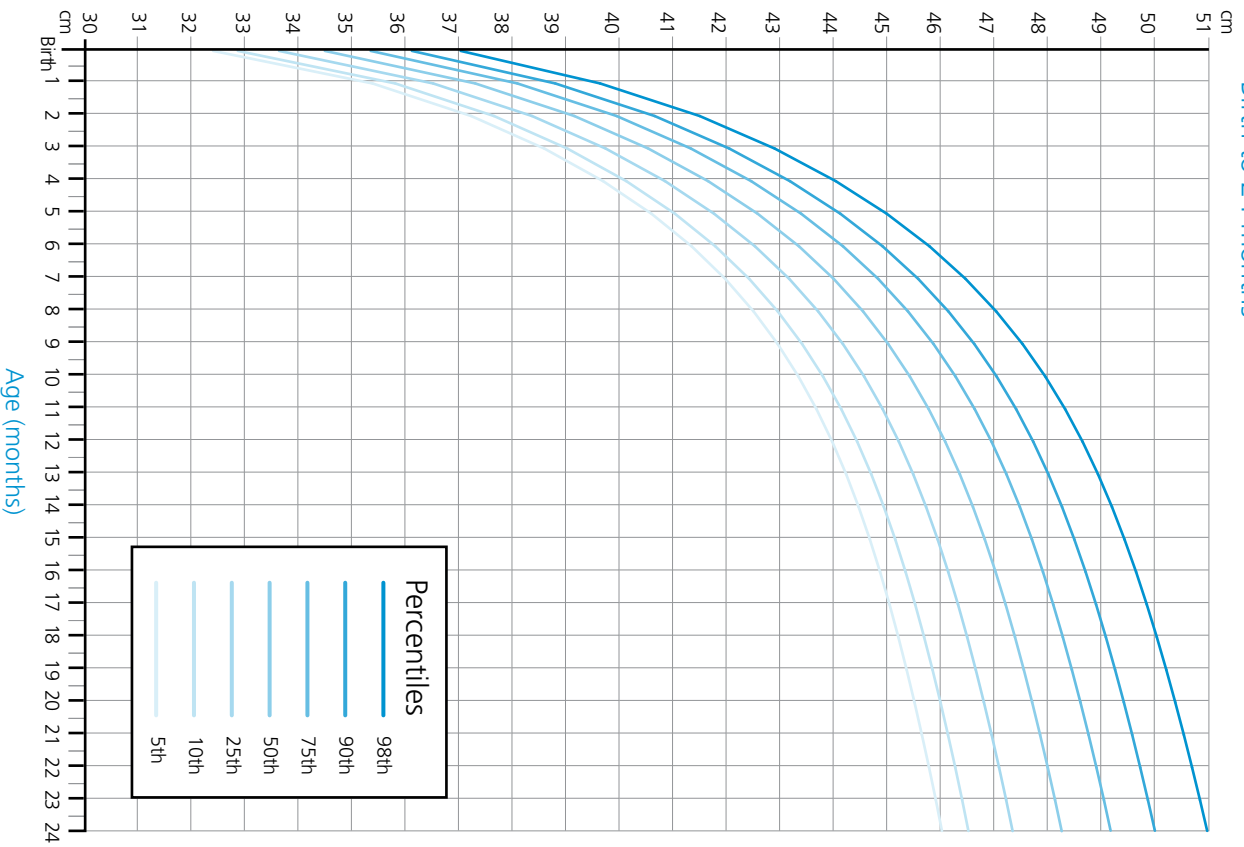
'Percentiles' are measurements that show where your child's growth is compared with others. If your child is in the 50<sup>th</sup> percentile, it means that 50% of babies of the same age are heavier and the other 50% are lighter.

## Girls head circumference-for-age percentiles Birth to 24 months



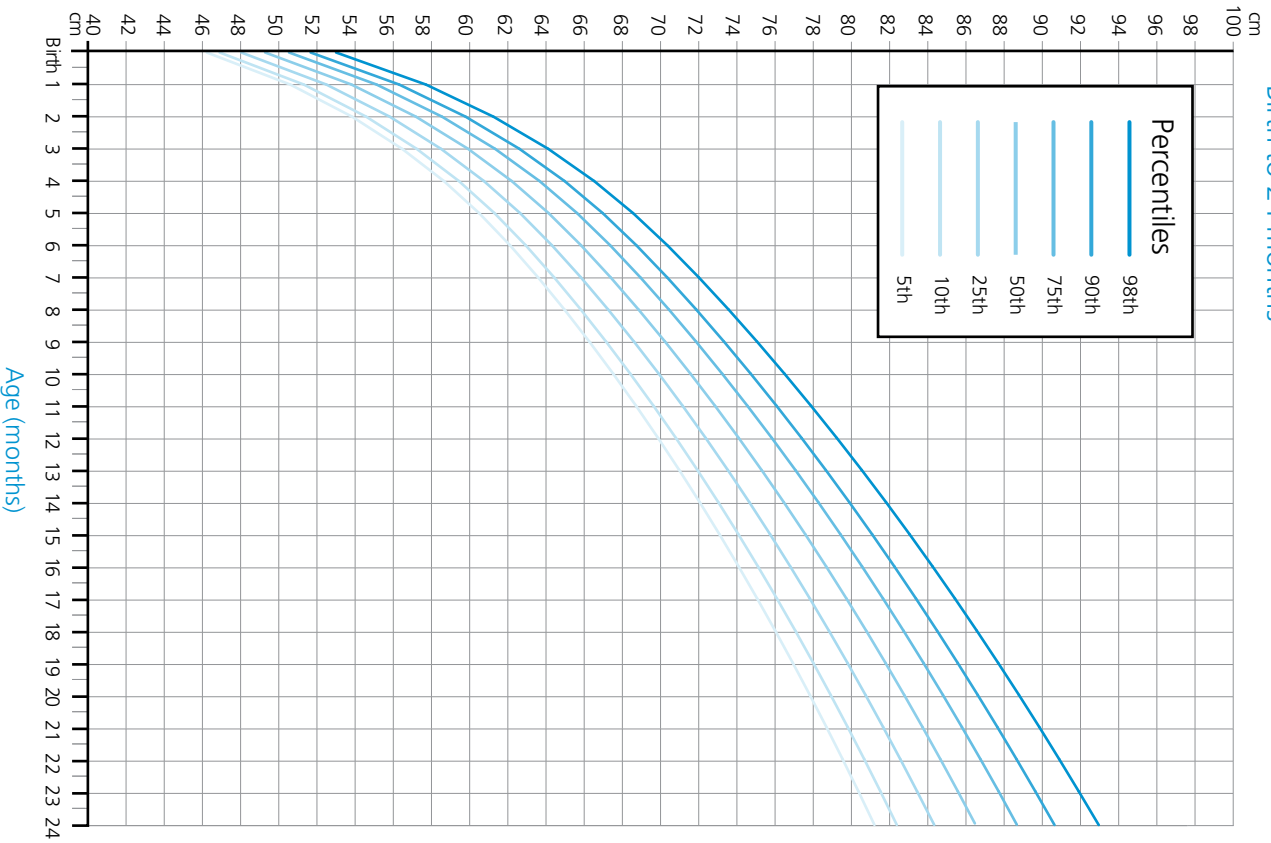
SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

# Boys head circumference-for-age percentiles Birth to 24 months



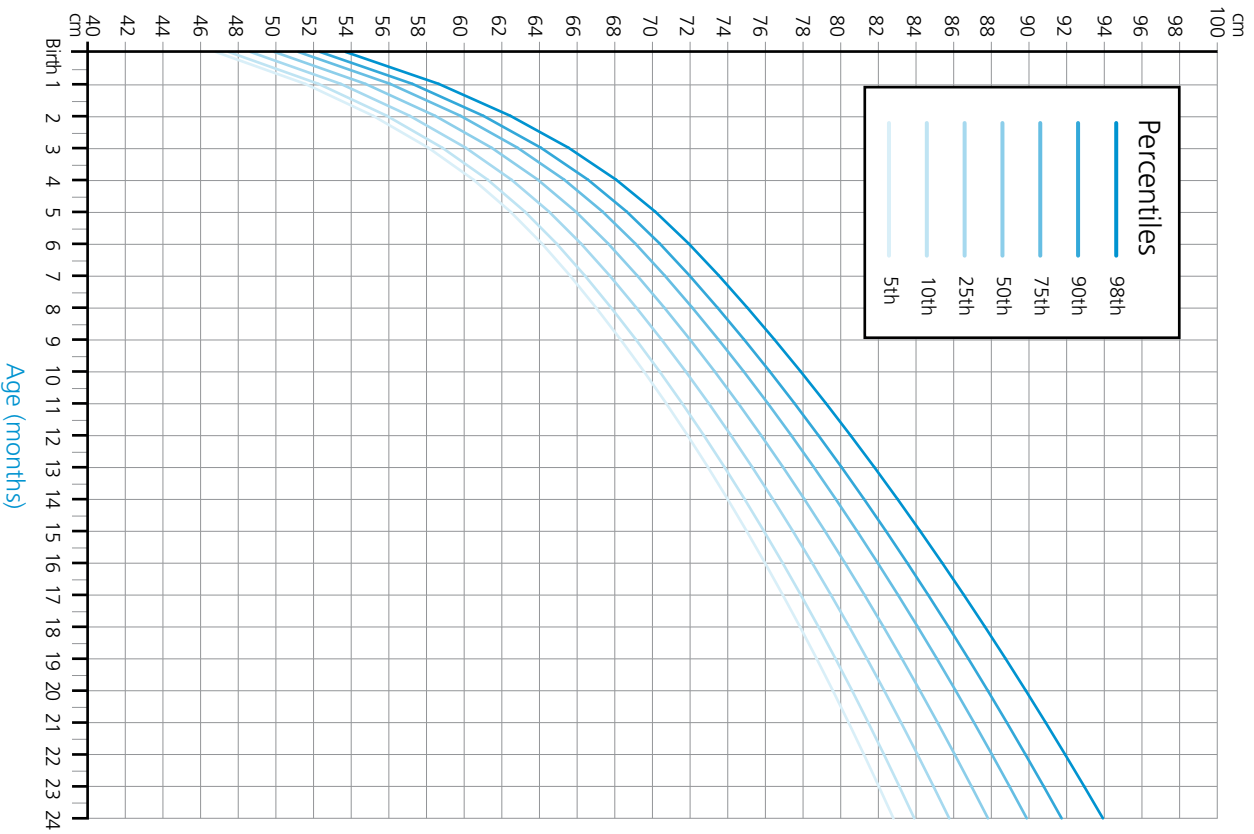
SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

# Girls length-for-age percentiles Birth to 24 months



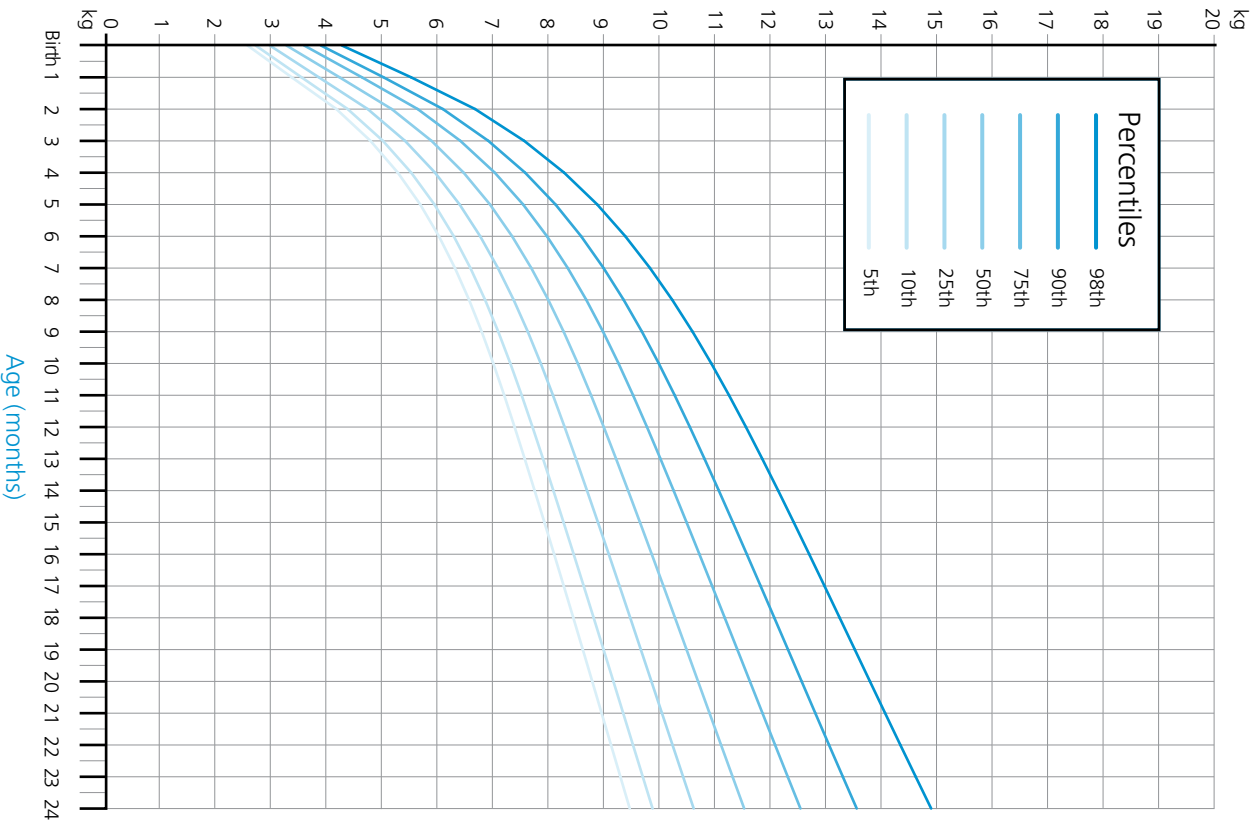
SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

# Boys length-for-age percentiles Birth to 24 months



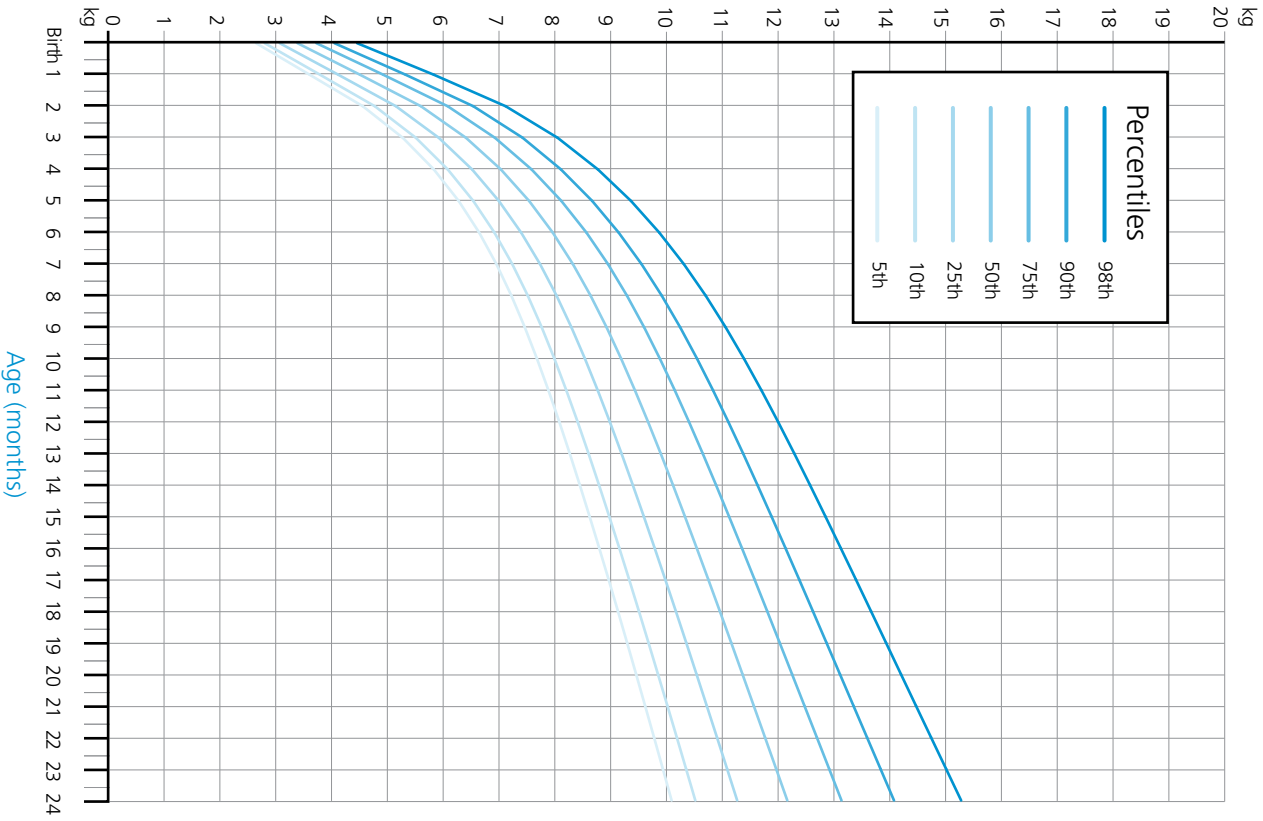
SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

# Girls weight-for-age percentiles Birth to 24 months



SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

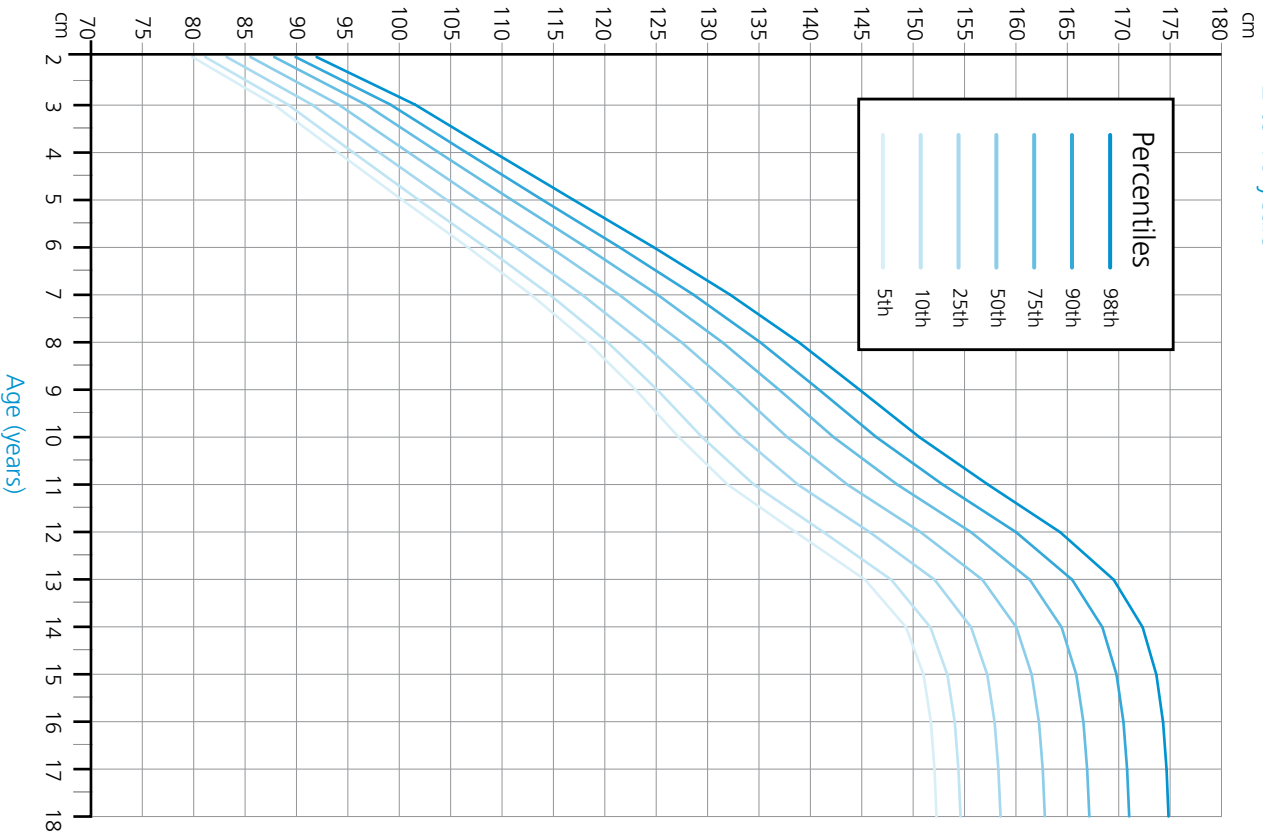
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SOURCE: World Health Organisation Child Growth Standards <http://www.who.int/childgrowth/en>

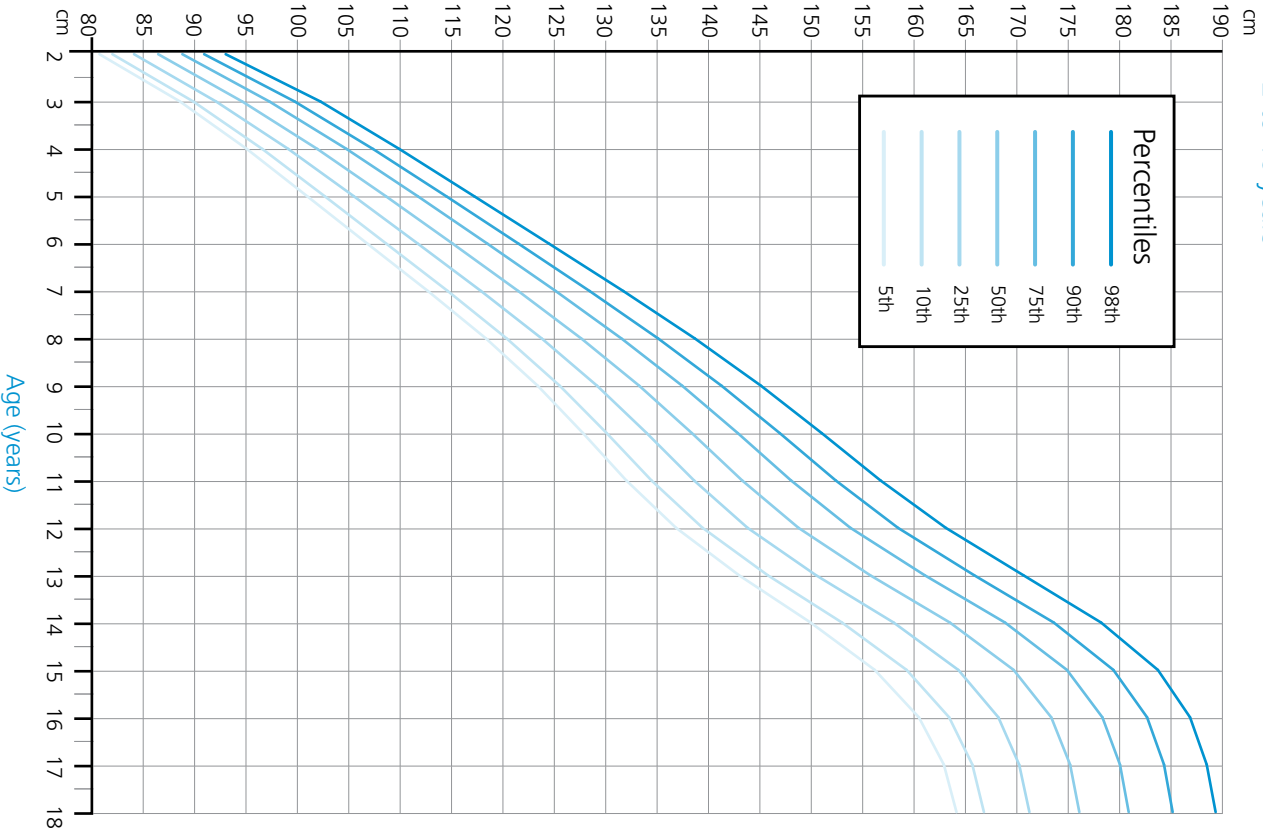


## Girls height-for-age percentiles 2 to 18 years



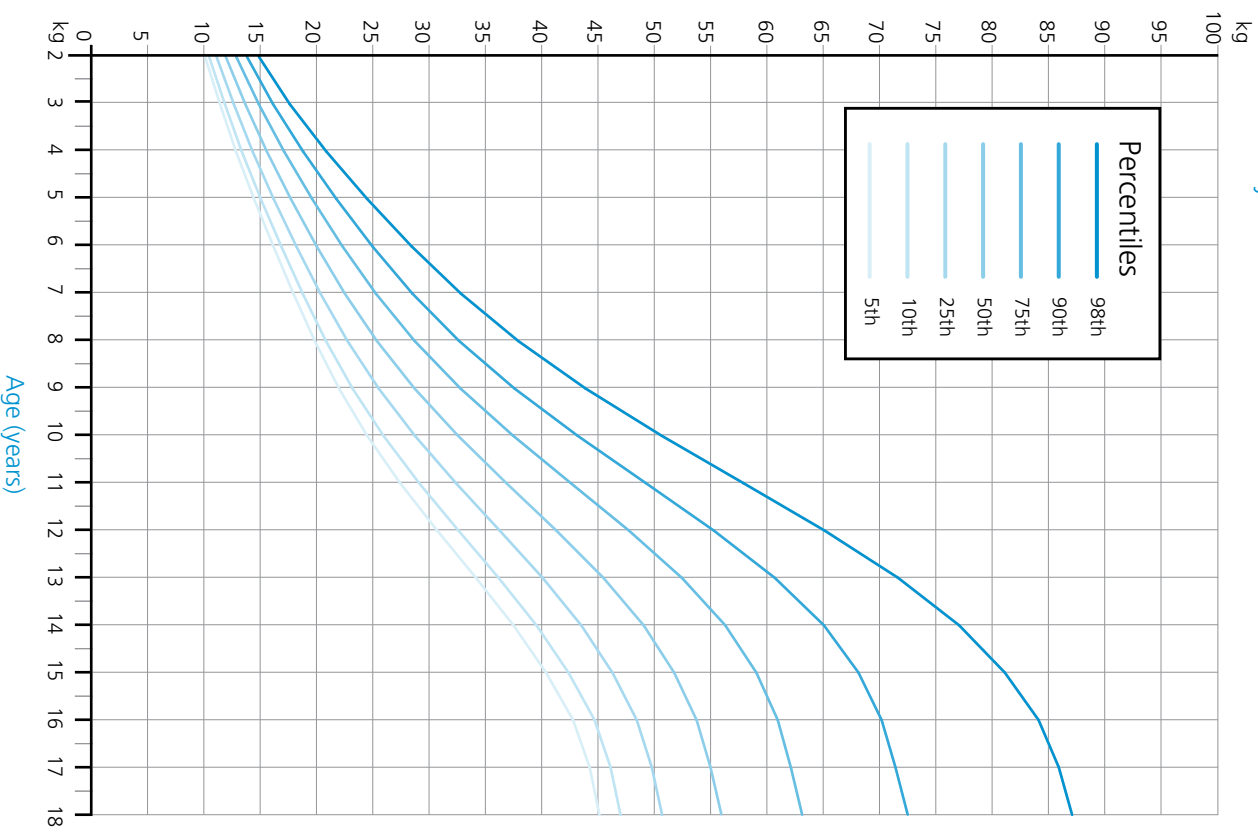
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000) <http://www.cdc.gov/growthcharts>

# Boys height-for-age percentiles 2 to 18 years



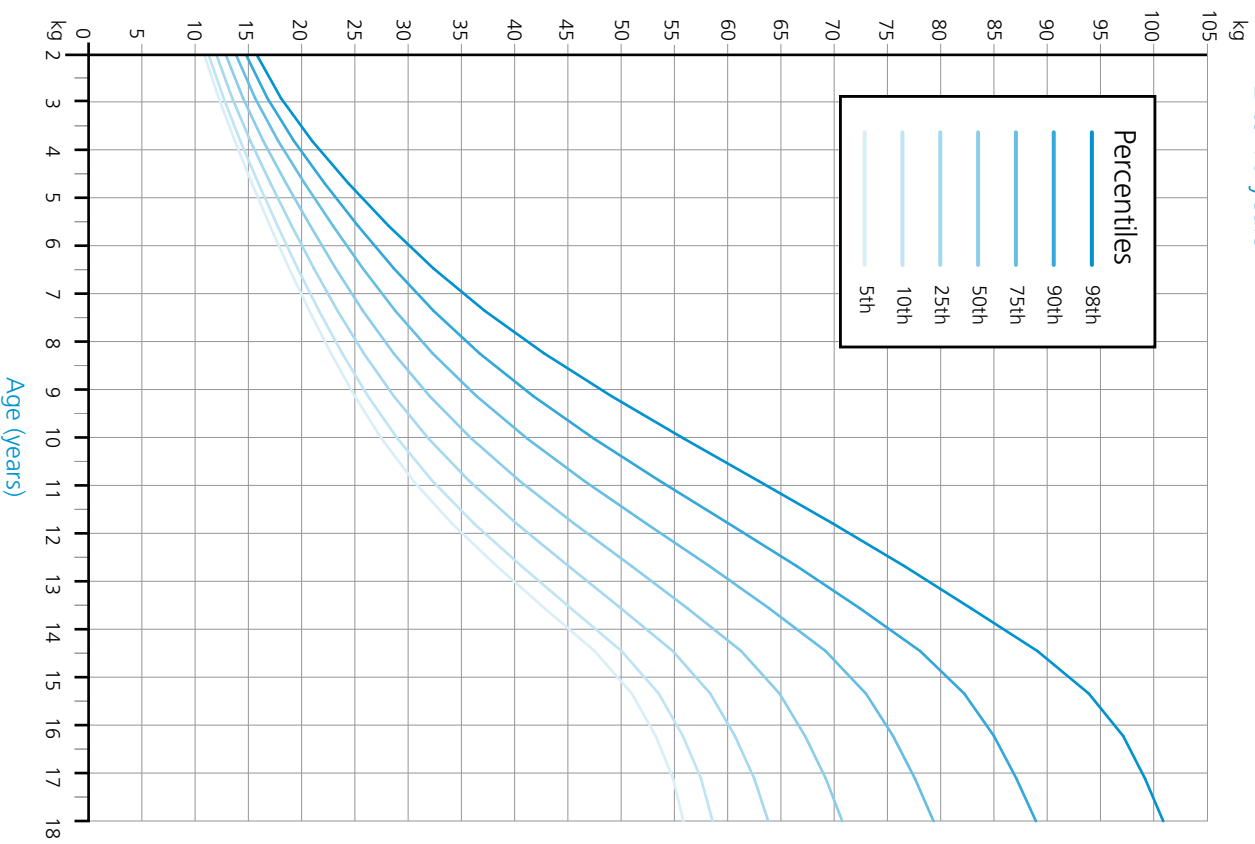
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## Girls weight-for-age percentiles 2 to 18 years



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