Growth and weight record

Monitoring your child's weight and length (height) helps you to check that they are growing well.

Record your child's growth and weight in the table provided.

You can weigh your baby at your local Child and Family Health centre or at a pharmacy. Find the Child and Family Health centre nearest to you at **www.cyh.com/centres** (Monday to Friday 9.00am to 4.30pm).

> It's normal for weight to vary from day to day, so no more than once every 1-2 months is enough in the first 6 months. Less often after this is fine.

> It's a good idea to weigh your baby without clothes on during the first year to give a more accurate weight.

Date	Age	Weight	Length / height

Using growth charts

- Plot your child's weight on the growth charts on pages 15-24.
- If your baby was premature (born before 37 weeks gestation), plot their growth using their corrected age until they turn 2.
- The following could show concerning patterns of growth:
  - weight below the lowest percentile line on the graph
  - weight above the highest percentile line on the chart
  - weight increasing or decreasing across 2 or more percentile lines.
- It's more important to look at how your child's growth plots over time on the growth charts than where they sit at any one point in time.
- Check with your Child and Family Health Service nurse or your family doctor if you note any of the above or if you are in any way concerned about your child's growth.

Girls weight-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

Girls head circumference-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

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

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 weight-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

Boys head circumference-for-age percentiles

Birth to 24 months

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

Boys weight-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

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