

Growing Every Day

What Are Growth Charts?

Growth charts are useful tools for assessing health and nutrition for children. A growth chart will show your child's weight, height/length or body mass index (BMI) compared to average values for children of the same age and sex.

Boys: <https://www.cdc.gov/growthcharts/data/set1clinical/cj41c023.pdf>

Girls: <https://www.cdc.gov/growthcharts/data/set1clinical/cj41c024.pdf>



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Following a Pattern

The way your child grows over time is called a growth curve. The growth curve is made by taking several measurements over time. Growth can be influenced by genetics and environment.

- An important sign that your child is growing well is that she is following her growth curve. This holds true whether your child is small or large for her age.
- Children can be healthy and show normal growth at many different percentiles.
- In a typical pattern, growth increases quickly during infancy and then slows as a child gets older. Children often go through growth spurts and then periods without much change. After age one, children usually gain one to three pounds every six months

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