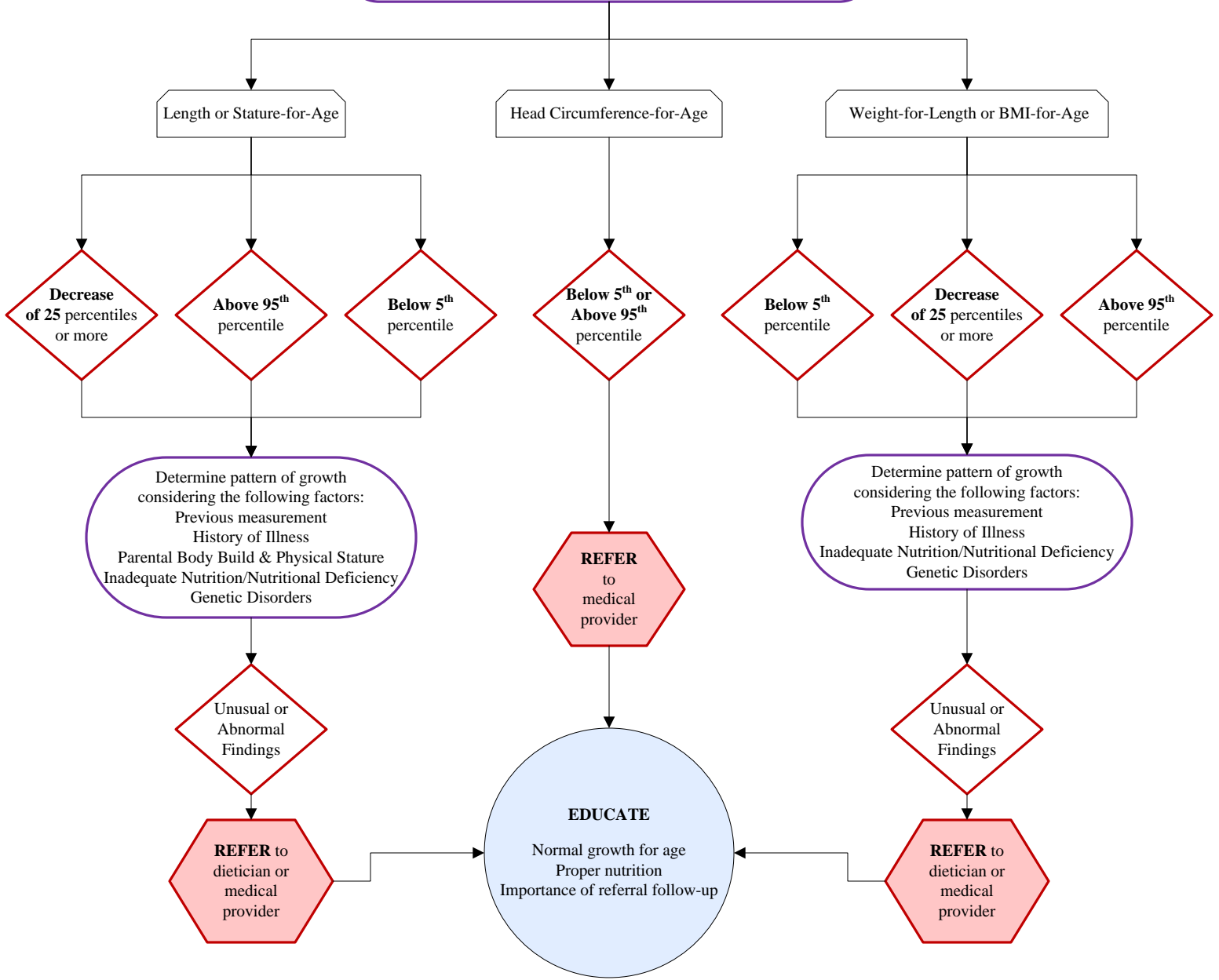


Growth Record

Program staff member measures height, weight and head circumference and plots on appropriate gender specific growth chart



Weight
 2 weeks - regains birth weight and then gains about 1 1/2 - 2 pounds a month
 3 months - gains about 1 pound a month
 5 months - doubles birth weight
 1 year - triples birth weight and then gains about 1/2 pound a month
 2 years - quadruples birth weight and then gains about 4-5 pounds a year
 9-10 years - increased weight gain as puberty approaches, often about 10 pounds a yr.

Height
 0-12 months - grows about 10 inches (25 cm)
 1-2 years - grows about 5 inches (13 cm)
 2-3 years - grows about 3 1/2 inches a year
 3 years to puberty - grows about 2 inches (5cm) a year
 Most children will double their birth height by 3-4 years of age

Head Circumference
 0-3 months - 2 centimeters a month
 4-6 months - 1 centimeters a month
 6-12 months - 1/2 centimeter a month
 1-2 years - 2 centimeters a year

Any child whose height, weight and/or head circumference are above the 95th percentile or below the 5th percentile is at risk. Further investigation should be made to determine if these percentiles represent unusual or abnormal findings. The occasionally encountered sharp deviations or the more gradual but continuing shifts from one percentile position to another call for further investigation as to their causes.