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BREASTFEEDING BASICS REFERENCE MANUAL

1 GROWTH CHARTS¹

A “**growth chart**” is a picture of how children grow. It is a useful tool for monitoring a child’s development over time. Growth charts are usually broken out by age (0-36 months, which are attached here, and 2 to 20 years).

While babies can be born with different weights and lengths, they should all grow approximately the same amount over the same period of time. On the growth charts in **Appendix 1**, you can draw points on the chart where your baby’s weight and height are at birth. Each curve drawn on the chart shows a different “percentile” of infant size. If your baby is on the 50th percentile line, it means that s/he is right in the middle of all babies—half are bigger and half are smaller. If s/he is on the 95th percentile curve, 95% of babies are smaller than your baby. On the other hand, if s/he is following the 10th percentile curve, only 10% of babies are smaller, and 90% of other babies are bigger than yours. As long as their growth is progressing, and they are not losing weight, it doesn’t really matter what line they are on. Remember: newborns lose a little bit of weight in the first few days after birth, but will gain it back very shortly.

¹ Centers for Disease Control. (2001). *Growth Chart*.

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B. REFERENCE MANUAL

1 Growth Chart

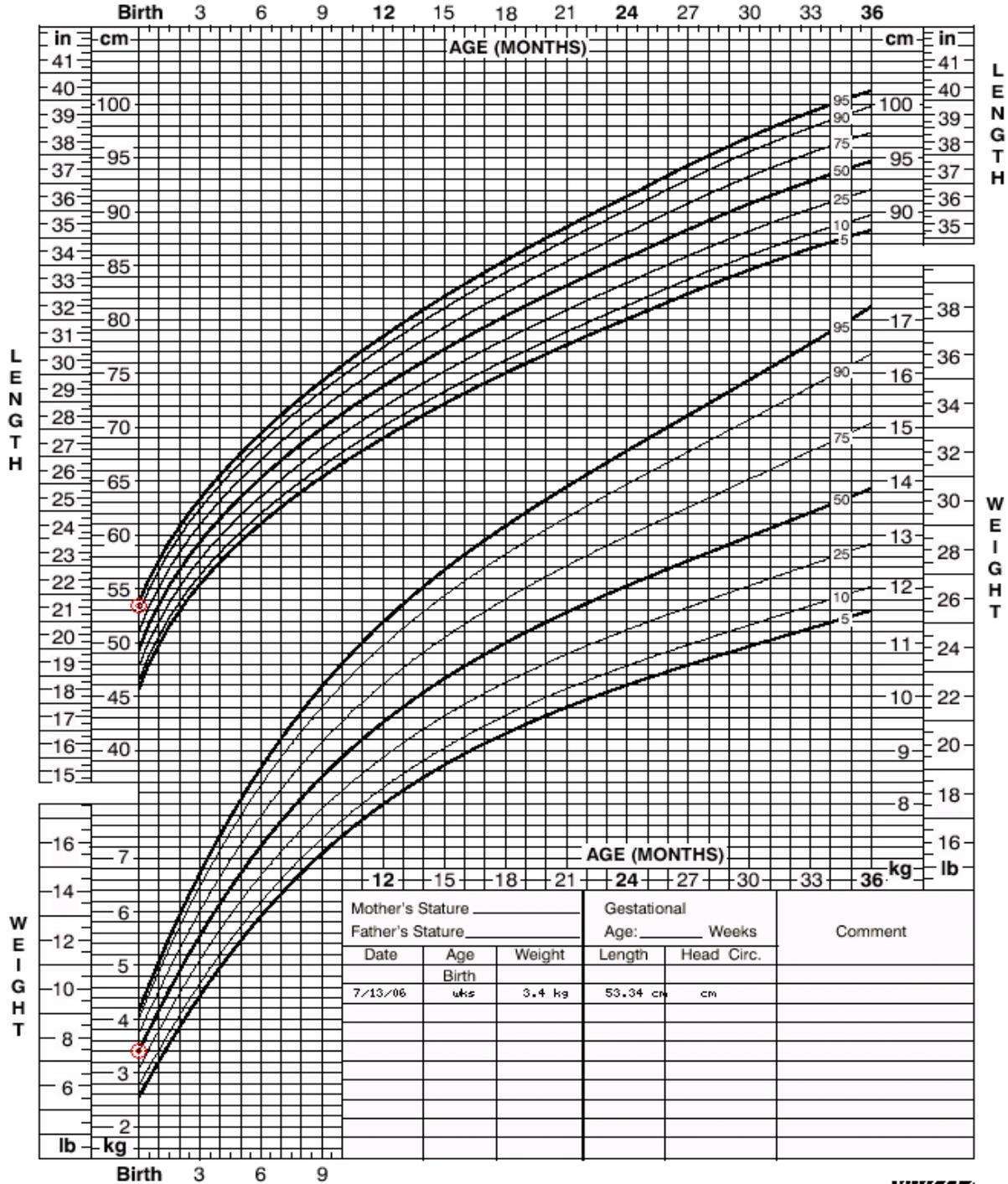
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Appendix 1: Growth Charts

Birth to 36 months: Girls Length-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



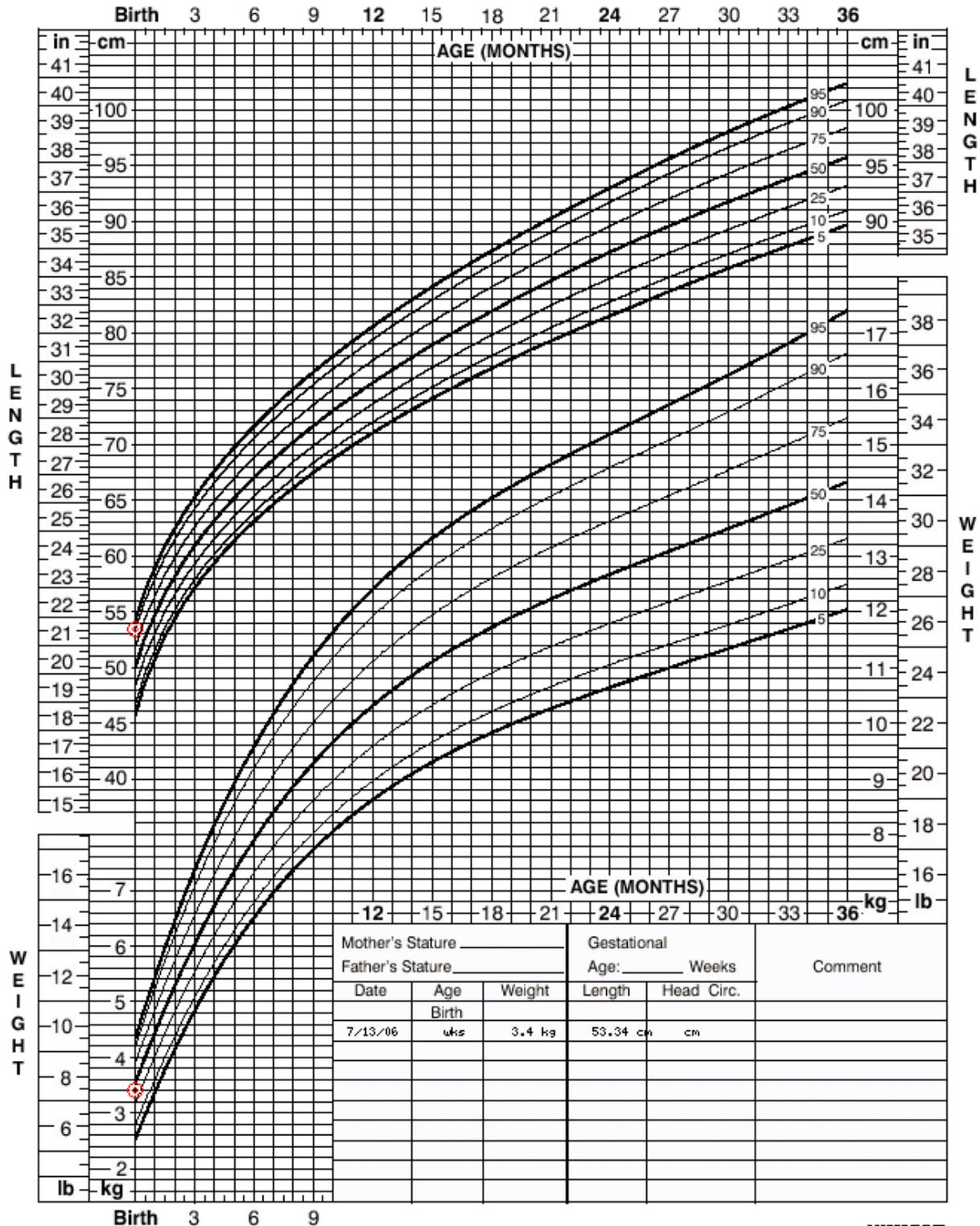
Revised April 20, 2001.
 SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>



Birth to 36 months: Boys
Length-for-age and Weight-for-age percentiles

NAME _____

RECORD # _____



Revised April 20, 2001.
 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>

