

RECOMMENDED GROWTH MONITORING

Make Every Contact Count

THE CHILD GROWTH FOUNDATION RECOMMENDS GROWTH MONITORING AT EVERY POINT OF CONTACT, WHETHER WITH A GP OR OTHER HEALTH PROFESSIONAL, IN ORDER TO SPOT FALTERING GROWTH EARLY ENOUGH TO ALLOW INTERVENTION TO HAVE OPTIMUM EFFECT. THESE MEASUREMENTS SHOULD IDEALLY BE RECORDED IN THE PERSONAL CHILD HEALTH RECORD (PCHR/RED BOOK).

	AGE	WEIGHT	OFC	LENGTH	BMI	NOTES
PREGNANT 0-1 S	BIRTH* & 5 DAYS	✓		✓		<i>Weight: assess malnutrition using 5%/95% thrive lines or if weight/length centiles differ by over 2 centile bands. Any concerns: if infant is <6 months, weigh fortnightly, if >6 months, weigh monthly. OFC: refer asap if OFC curve climbs significantly upwards through centile bands. Any concerns: measure fortnightly. Length: use length predominantly to confirm malnutrition and consider referral (for either slow/excess growth) after 3 measurements. Any concerns: measure 3 monthly.</i>
	24/30 HOURS		✓			
	10 &/OR 12/14 DAYS	✓	✓			
	6-8 WEEKS*	✓	✓			
	12 WEEKS*	✓		✓		
	16 WEEKS*	✓				
	6-8 MONTHS	✓		✓		
12-15 MONTHS*	✓		✓	✓		
1-5	2 YEARS	✓	✓	✓	✓	
	3 YEARS	✓	✓	✓	✓	
	4 YEARS	✓	✓	✓	✓	
5+	RECEPTION*	✓	✓	✓	✓	
	YEARS 1-5	A N N U A L L Y				
	YEAR 6*	✓	✓	✓	✓	
	Secondary School	A N N U A L L Y				

*These points of contact are already in published guidelines on infant care. The above schedule also conforms to NICE (National Institute of Health and Clinical Excellence) guidance and recommendations for the early identification of malnutrition following birth. This guideline calls for a possible 4 weighings within the first fortnight of an infant's life and the CGF and nutritionists welcome this approach.

REFER IF:

1. A LENGTH/HEIGHT CURVE VEERS SIGNIFICANTLY FROM ITS CENTILE LINE, FOLLOWING 3 MEASUREMENTS TAKEN OVER A PERIOD OF 1 YEAR (PRE-SCHOOL)
2. HEIGHT <9TH CENTILE
3. SLOWED GROWTH VELOCITY
4. UNEXPECTEDLY SHORT/TALL FOR FAMILY
5. SYMPTOMS/SIGNS OF GENETIC OR ENDOCRINE ABNORMALITIES
6. SIGNS OF PRECOCIOUS OR DELAYED PUBERTY (SIGNS BEFORE 8 YEARS OR NO SIGNS AT 13 YEARS IN GIRLS, SIGNS BEFORE 9 YEARS OR NO SIGNS AT 15 YEARS IN BOYS)
7. SIGNIFICANT LEARNING DISABILITY, SERIOUS MORBIDITY RELATED TO OBESITY OR OTHER SERIOUS CONCERNS