

# Growth Monitoring Guide



**TYPICAL GROWTH RATES IN CHILDHOOD:**

**INFANCY**  
AROUND 25CM PER YEAR

**CHILDHOOD**  
4-6CM PER YEAR

**PUBERTY**  
8-12CM PER YEAR

Babies’ lengths are not always routinely measured, but health visiting teams may include this measurement as part of the infants review/checks.

Weight & length/height should be measured whenever there are concerns about a child’s weight gain, growth or general health.

Head circumference (OFC) is measured 24 hours after birth and at the 6-8 week check, it is usually not measured again unless there are concerns.

AGE	MEASUREMENTS <small>Guidelines/Recommendations from Healthy Child Programme (2009)   National Child Measuring Programme (2005) Royal College of Paediatrics and Child Health</small>	CGF RECOMMENDATIONS IN ADDITION TO THOSE ALREADY STATED
BIRTH	WEIGHT	*CGF RECOMMENDS LENGTH
24-72 HOURS	HEAD CIRCUMFERENCE (OFC)	
5-7 DAYS	WEIGHT	*CGF RECOMMENDS LENGTH (IF LENGTH WAS NOT DONE AT BIRTH)
2 WEEKS	WEIGHT & OFC	
6-8 WEEKS	WEIGHT	*CGF RECOMMENDS LENGTH
12 WEEKS	WEIGHT	
16 WEEKS	WEIGHT	
6 MONTHS	WEIGHT	*CGF RECOMMENDS LENGTH
9-12 MONTHS	WEIGHT	*CGF RECOMMENDS LENGTH
2-2.5 YEARS	WEIGHT	*CGF RECOMMENDS HEIGHT
5 YEARS/ SCHOOL ENTRY	HEIGHT, WEIGHT & BMI	
5-11 YEARS	NO ROUTINE MEASUREMENTS	*CGF RECOMMENDS FAMILIES CHECK THEIR CHILDS HEIGHT & WEIGHT ANNUALLY BETWEEN THE AGES OF 5 AND 11 YEARS
11 YEARS/ SCHOOL YEAR 6	HEIGHT, WEIGHT & BMI	
12 YEARS UNTIL COMPLETION OF PUBERTY	NO ROUTINE MEASUREMENTS	*CGF RECOMMENDS FAMILIES CONTINUE TO CHECK THEIR CHILD’S HEIGHT & WEIGHT ANNUALLY

**Make Every Contact Count**

The Child Growth Foundation recommends growth monitoring at every point of contact with a healthcare professional, in order to identify unexpected growth patterns early enough for treatment to have optimum effect. Ideally these measurements should be recorded in your child’s Personal Child Health Record (PCHR) / ‘red book’.

If you are concerned about your child’s growth please speak to a healthcare professional.

More information about childhood growth and when/how to seek advice and support can be found at:  
[childgrowthfoundation.org/growth-concerns](http://childgrowthfoundation.org/growth-concerns)