Formula to calculate physical growth of children

## Normal Infant ( between 1 to 12 month of age:

1. ***Weight:*** the infant gains:

Birth to 4 months

5 to 8 months

9 to 12 months

¾ kg/month.

½ kg/month.

¼ kg/month.

**+ birth weight**

Another way of calculating the weight for infant age 3 to 12 months or the mother can't remember birth weight:

Age in Month + 9 Weight =

2

## Height:

Length increases about

Birth to 3 months

4 to 6 months

7 to 12 months

3cm /month.

2cm /month.

1.5 /month.

**+ birth length**

## Head Circumference:

Birth to 3 months

4 to 12 months

2cm /month.

0.5 /month.

**+ birth H.C**

***Normal Toddler Normal ftreschool Stage***

* + **normal weight of children over 1 year of age=**

Age in years x 2 + 8 =………. Kgm.

* + Formula to calculate **normal height of children over 1 year of age=**

Age in years x 5 + 80 =………. cm.

## Normal School – Age Child

## Weight:

Formula for 7 to 12 years = (age in years x 7) – 5

2

***Height:*** Age in years x 5 + 80 =………. cm.

**To determine if the child in normal range:**

**Upper limit = average (Wt or Ht or H.C) × 105 / 100 Lower limit = average (Wt or Ht or H.C) × 95 / 100**