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NORMAL GROWTH

Normal growth is one of the best indicators of good health and nutrition. Normal heights and weights, however, are difficult to define. Short parents tend to have short children. Tall parents tend to have tall children. For any given height, an ideal weight can be determined from a growth chart. An infant with failure to thrive is underweight for his height. An obese child is overweight for his height.

Your physician will weigh and measure your child on each visit and plot these numbers on a standard growth chart. Your child's growth rate over time reveals the most about his/her physical health.

The following facts and figures may answer some of your questions about normal growth.

AVERAGE NEWBORN (FULL TERM)

Weight:	7 pounds, 5 ounces	normal range 6 to 10 pounds
Length:	20 inches (50 cm)	normal range 18 $\frac{1}{2}$ to 21 $\frac{1}{2}$ inches
Head Circumference:	13.8 inches (35 cm)	normal range 33 to 37 cm

A premature baby weighs less than 5 $\frac{1}{2}$ pounds (2.5 kilograms)

AVERAGE WEIGHTS AT DIFFERENT AGES

5 Months:	Double birth weight
12 Months:	Triple birth weight
2 Years:	Quadruple birth weight
1 to 6 Years:	Weight in pounds = age x 5 + 17
7 to 12 Years:	Weight in pounds = age x 7 + 5

AVERAGE HEIGHTS AT DIFFERENT AGES

4 Years:	Double birth length
13 Years:	Triple birth length
2 to 14 Years:	Height in inches = age x 2 $\frac{1}{2}$ + 30

* Remember 1 Foot = 12 inches; 1 Inch = 2.5 centimeters

PREDICTING ADULT HEIGHTS

	<u>Female Age:</u>	<u>Male Age:</u>	<u>Multiply By:</u>
1/2 Adult height is reached at	20 Months	27 Months	2
2/3 Adult height is reached at	5 Years	6 Years	1.5
3/4 Adult height is reached at	7 Years	9 Years	1.3

Another formula is: Male: Adult height = 1.87 x height at age 3 years

Female: Adult height = 1.73 x height at age 3 years