



Growth

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Annual Growth Monitoring of Children - Height and Weight

Why do we monitor a child's growth annually?

Growth is one of the most important indicators of a child's health. Regularly monitoring height and weight helps

in early detection of the following:

- Growth deficiency or delay
- Obesity or underweight
- Early chronic or hormonal diseases

When are height and weight measured?

- At each annual visit to the pediatrician
- Before starting school
- When there are comments from parents or teachers regarding activity, appetite, or clothing

How is growth assessed?

- Height and weight are measured and compared to international growth charts according to age and sex
- For children two years and older, the body mass index (BMI) is calculated.
- In some cases, additional testing is required, such as bone age or blood tests.

When should you be concerned?

- If the child is very short compared to his or her peers (less than the 3rd percentile on the chart)
- If growth stops or slows after being normal
- If weight increases suddenly or weight is lost at a worrying rate
- If there are signs of early or delayed puberty.

Advice for Parents.

- Record measurements annually in a special notebook
- Ensure a balanced diet and adequate sleep.
- Do not compare your child's development with his or her siblings or other children.
- Consult your pediatrician if there is a concern or observation

فقيه.

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