

Baby's growth checks



*Your Baby will
need regular
checks to see if he
is growing strong
and healthy.*

*This is a good time
to talk to your health
worker about anything
that is bothering you.*

Measuring Baby's growth

Weight

It is best to weigh little babies without any clothes on. Older children can wear light clothing.



Length

Your health worker will measure Baby's length until he is two years old.

Once Baby is two, he can stand up straight to have his height measured.

Head circumference

Your health worker will measure Baby's head to check that his head is growing well.

Growth charts

All Baby's measurements will be plotted on the growth charts in his personal health record book.



Growth of a breastfed baby

Breastfed babies grow differently from formula-fed babies.

Breastfed babies
grow more quickly
at first, and then
they grow more
slowly.



Growth problems

Your health worker can pick up on any growth problems (like poor growth or childhood obesity) by looking at Baby's growth chart.

Poor growth (failure to thrive)

If Baby does not get enough healthy food or there is some other problem, his growth might slow right down. Talk to your health worker about any problems you have with giving Baby enough healthy food.

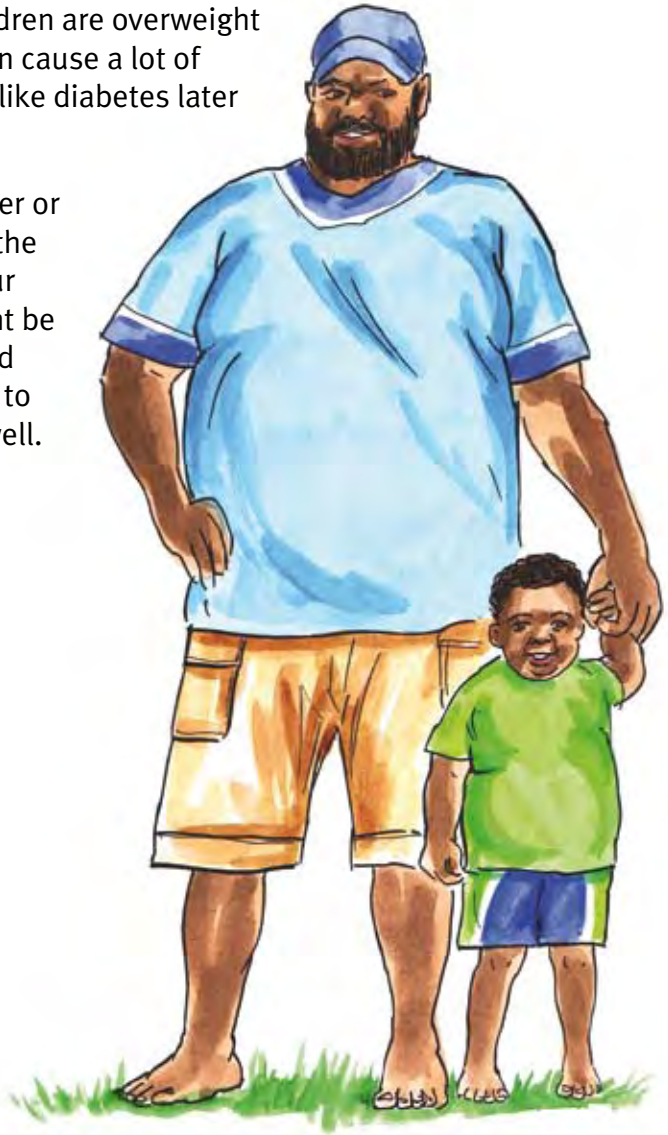
Your health worker might ask the doctor or nurse to check Baby too, to make sure that there is no other illness which is affecting his growth.



Overweight and obese children

Some young children are overweight or obese. This can cause a lot of health problems like diabetes later on.

Your health worker or nurse might ask the doctor to see your child too. It might be useful for you and your child to talk to the dietitian as well.



Haemoglobin (blood iron)

Once Baby is six months old, your health worker will do a finger prick test to check if he has enough iron in his blood.

Ask your health worker about iron rich solid food for Baby.



If Baby has weak blood (anaemia), your health worker might ask the doctor or child health nurse to see if Baby needs any treatment.

When should Baby have his growth measured?

- 0 – 6 weeks
- 6 – 8 weeks
- 4 months
- 6 months, 9 months, 12 months, 15 months, 18 months and 21 months
- 2 years old
- 3 years old
- 4 years old

School aged children have a growth check every year.



**Queensland
Government**
Queensland **Health**

Note: in this pamphlet we talk about Baby as 'he' but all the information in here also applies to girls!

For more information contact your local health worker