Formula to calculate physical growth of children
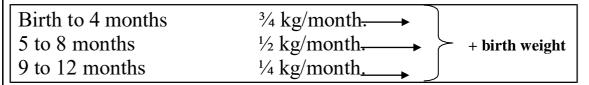
Normal Infant (between 1 to 12 month of age:

a. Weight: the infant gains:

Birth to 4 months	¾ kg/month. ⟶	
5 to 8 months	½ kg/month. ⟶	**+ birth weight**
9 to 12 months	¼ kg/month. ⟶	

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

$$\text{Weight} = \frac{\text{Age in Month} + 9}{2}$$

b. Height:

Length increases about

Birth to 3 months	3cm /month. ⟶	
4 to 6 months	2cm /month. ⟶	**+ birth length**
7 to 12 months	1.5 /month. ⟶	

c. Head Circumference:

Birth to 3 months	2cm /month. ⟶	
4 to 12 months	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 = $\dfrac{(\text{age in years x 7)} - 5}{2}$

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