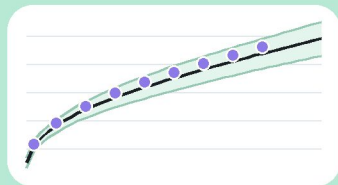


How to read the growth curve

The terms on the clinic card and at the visit, without the jargon. Four questions every parent asks.



What is a growth percentile?

A percentile compares your child with children of the same age and sex on the World Health Organization standards. The 50th percentile means the child is taller than exactly half of them; the 90th means taller than 90 percent. It is a position, not a grade.

What matters more, the number or the direction?

The direction. A child who stays around the same percentile over time is growing at their own pace, even if that percentile is low. A sharp change between measurements is what a pediatrician wants to see, which is why it is worth keeping every measurement, not only the latest.

How tall will my child be as an adult?

There is a widely used estimate from the parents' heights: for boys, the parents' average plus 6.5 cm; for girls, minus 6.5 cm. It is a reference point with a range of several centimetres either way, not a prediction.

How often should I measure?

In the first year, at every clinic visit; after that, once every three to six months is enough to see the line. Measuring against the same wall, at the same time of day and without shoes is worth more than measuring often but inconsistently.



Free percentile calculator

Enter a date of birth and a height, get a WHO percentile. In the browser, no sign-up.



Printable giraffe height chart

A true-to-size PDF for the wall at home, with the median height for every age.



KidGrowth

Child growth tracking: WHO percentiles, sizes, vaccinations and reminders. Data stays on your phone.

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