

How to read a growth chart

What is a growth chart?

A growth chart measures height, weight and head circumference — all indicators that help your child’s pediatrician measure growth patterns.

Where do I start?

Start by using the chart that pertains to your child’s age and gender.

How do I read a growth chart?

Age is at the top and bottom of the chart, and length and weight are along the left and right sides. Follow along with the example below.

START HERE

- Step 1:** Find your child’s age at the bottom of the grid. Draw a vertical line (up and down) at this point.
 - Step 2:** Find your child’s weight on either the right or left side of the grid. Draw a horizontal line (side to side) at this point.
 - Step 3:** Draw a dot where the two lines intersect.
 - Step 4:** Find the curve that is closest to that dot. Follow the line of the curve up. Go all the way to the end. Your answer will be at the end of that curve.
- Repeat:** Find your child’s length on either side of the grid. Draw a horizontal line (side to side) at this point. Find the intersection of your child’s length and age.

Remember, the percentile number is not the most important thing your child’s pediatrician is looking for. The most important thing is that your child is growing in a healthy way over time. If you have questions or concerns about your child’s growth, contact your child’s pediatrician.

