

# INDIAN GIRLS GROWTH CHART (0-18YRS)

## WEIGHT

Min	Mid	Max
2.3	3.3	4
5.5	7.5	9.5
7	8.9	11.5
8	10	13
9	11.6	14.5
10	12.5	16.2
11	14	17.5
11.5	15	19
12.5	16	21
12.8	16.8	23
13	17.2	25
13.2	18	27
13.8	18.8	29
14	20	31
15	21	33
16	23	36
16.5	24	38
17.2	25.5	41
18.2	27.2	43
19.2	29	46
20.8	31	49
22	33	52.5
23	35.5	56
25	37.5	59
26	40	62
27.5	42	65
28.5	43	67
30.2	45	69
31.2	46	70.5
32.5	47.5	71
33	48.2	72
34	49	72
34.8	49.5	72.5
35.5	50.2	72.5
36	51	73
37	51.5	73
37.5	52	74

## HEIGHT

Age	Min	Mid	Max
0	46	50	53
0.6	61	66	70
1	69	79	79
1.6	75	81	86
2	80	86	92.5
2.6	84	90.5	97.5
3	85.5	95	102
3.6	91	99	107
4	95	103	111
4.6	96.5	105.5	115
5	97.5	108	118
5.6	100.5	111	122
6	102	113.5	125.5
6.6	105	116.5	128.5
7	107	119	132
7.6	110	122.5	135
8	112.5	125.5	138
8.6	115	128	141
9	117.5	131.5	144.5
9.6	120.5	134	148.5
10	123.5	137	151
10.6	126	140.5	154
11	129	143	157
11.6	131.5	146	160
12	134	148	162
12.6	136	150.5	164
13	138	152	166
13.6	140	153.5	167
14	141	154.5	168
14.6	142.5	155.5	169
15	143.5	156	169.5
15.6	144	156.5	170
16	144.5	157	170
16.6	145.5	157	170
17	146	157.5	170.5
17.6	146.5	158	170.5
18	147	158	171

Weight in KG, Height in CM, Age in Year and Months

Ref: WHO 2006 and IAP 2015 Combined Charts published by IAP



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# INDIAN BOYS GROWTH CHART (0-18YRS)

WEIGHT			Age	HEIGHT		
Min	Mid	Max		Min	Mid	Max
2.5	3.3	4.5	0	46	50	53.5
6	8	10	0.6	63	66	72
7.5	9.5	12	1	71	75	80
8.5	11	13.5	1.6	77	82	87
9.5	12	15	2	82	87	94
10.5	13	16.5	2.6	85	92	98
11.5	14	18	3	89	96	103
12	15.5	19	3.6	92	100	106
12.5	16	21	4	95.5	103	111
13	17	23	4.6	97	106	115
13.5	18	24.5	5	100	109	118.5
14	18.5	26	5.6	102	112	122.5
14.5	19	28	6	104	115	126
15.5	21	31	6.6	106.5	118	129.5
16	22	33.5	7	109	120.5	132.5
16.5	23	36	7.6	112	123	136.5
17.5	25	39.5	8	114	126	139
18.5	26	42	8.6	116	129	142
19	27	45.5	9	119	131.5	145.5
20	28	48.5	9.6	121	134.5	148.5
21	31	51.5	10	123.5	137	151.5
21.5	32.5	55	10.6	126	140	154.5
22.5	34.5	58	11	128	142	157
24	37	62	11.6	130.5	145.5	160.5
25	39	66	12	133	148	163.5
26	41	69.5	12.6	136	151	166.5
27.5	43	72	13	138	154.5	170
29	46	75.5	13.6	141	157	173
30.5	48	78	14	143	160	175.5
32.5	51	81	14.6	146	162	177.5
34.5	53	83	15	148	164	179.5
36	55	84.5	15.6	150	166.5	181.5
37	56.5	86	16	152	168	183
38.5	58	86.8	16.6	153	170	184
39.5	59	87.5	17	155	171	184.5
41	60.5	87.5	17.6	156.5	172.5	186
42	61.5	88	18	158	173.5	186.5

Weight in KG, Height in CM, Age in Year and Months

## What Is Growth?

From the moment parents greet their newborn, they watch the baby's progress eagerly, anticipating every inch of growth and each new developmental milestone along the way. But how can they tell if their child is growing properly?

Physical growth refers to the increases in height and weight and other body changes that happen as a child matures. Hair grows; teeth come in, come out, and come in again; and eventually [puberty](#) hits. It's all part of the growth process.

## What's Normal?

The first year of life is a time of amazing change during which babies, on average, grow 10 inches (25 centimeters) in length and triple their birth weights.

Given all the growth that happens then, new parents might be surprised when their child **doesn't** continue to grow so fast after the first year. But no child continues the rate of growth experienced during infancy. After age 1, a baby's growth in length slows quite a bit. By age 2, growth in height usually continues at a fairly steady rate of about 2½ inches (6 centimeters) per year until adolescence.

No child grows at a perfectly steady rate throughout this period of childhood, though. Weeks or months of slightly slower growth alternate with mini "growth spurts" in most children. Kids actually tend to grow a bit faster in the spring than during other times of the year!

A major growth spurt happens at the time of puberty, usually between 8 to 13 years of age in girls and 10 to 15 years in boys. Puberty lasts about 2 to 5 years. This growth spurt is associated with [sexual development](#), which includes the appearance of pubic and underarm hair, the growth and development of sex organs, and in girls, the start of [menstruation](#).

By the time girls reach age 15 and boys reach age 16 or 17, the growth associated with puberty will have ended for most and they will have reached physical maturity.

## At the Doctor's Office

Beginning in infancy, kids will visit a doctor for regular checkups. During these, the doctor will record height and weight as they compare with that of other kids the same age on a [growth chart](#). This valuable tool can help the doctor determine whether a child is growing at an appropriate rate or whether there might be problems.

## What Parents Can Do

You can do a few things to help ensure that your child grows and develops normally. Critical to kids' overall health and wellness are:

- **Enough rest:** [Sleep](#) patterns vary by age and individual child, but most kids need an average of 10 to 12 hours of sleep per night. Sleep gives growing bodies the rest they need to continue growing properly.

- **Good nutrition:** A balanced [diet](#) full of essential vitamins and minerals will help kids reach their full growth potential.
- **Regular exercise:** Because [obesity](#) is a problem for many kids, parents should make sure that their kids [exercise](#) regularly. Bicycling, hiking, in-line skating, sports, or any enjoyable activity that will motivate kids to get moving will promote good health and fitness and help them maintain a healthy weight.

## Talking to Kids About Growth

Kids differ in growth and development during childhood — just like adults, some kids are taller or shorter. Generally, girls hit puberty earlier than boys, although some girls might lag behind their peers in breast development or getting their first period. All of this is usually normal.

Try to avoid comparing growth among siblings or other children. Drawing attention to height, for example, will only make kids feel self-conscious about their size. Encourage your kids to accept their own growth and development. Explain that some kids grow and develop at different rates — and late bloomers usually catch up eventually.

Kids have many questions about growth, from why their teeth fall out to difficult or potentially embarrassing topics like breast development or sweating. Answer questions honestly and even initiate conversations about growth to help kids understand the many changes they're facing. This will help them accept the changes positively.

If you're uncomfortable discussing these topics, your kids may think that this means there's something shameful about the changes they go through and might be less likely to bring their concerns to you.

Kids who are short often face teasing by peers and may need help coping. You can help by supporting your child's [self-esteem](#). For example, although it might be difficult for a small boy to make the football team, focusing on alternatives, such as soccer or tennis, may make him feel better about himself and what he can do. A small teen might have concerns about dating, driving, and participating in sports. It's important to try to understand your child's feelings and to keep the lines of communication open.

Another way to boost your child's mood is to encourage activities that don't focus on height or weight. Special skills and individual qualities, such as musical talent or a love of literature, are things to be proud of, too.

## If You Think There's a Problem

Some parents worry about their child's growth and development. So it can be reassuring to know that most kids who are short or delayed in development are healthy and normal. For example, shorter parents tend to have shorter children and not all kids develop at the same rate.

If you have concerns, the first step is to talk with your doctor, who can examine your child, ask questions about your family history and, if necessary, order tests to see if there's a medical condition affecting growth. The doctor may monitor your child's growth more often

on a growth chart or refer your child to a pediatric endocrinologist (a doctor specializing in [growth disorders](#)) for further evaluation.