

WHO 2006 + IAP 2015

Baby Growth Reference Card

Weight · Height · Head Circumference

Boys & Girls | Birth to 5 Years

What's inside this card

- Weight-for-age (Birth–5 yrs)
- Height/Length-for-age (Birth–5 yrs)
- Head Circumference-for-age (Birth–5 yrs)
- Separate tables for Boys & Girls
- Parent guide in simple language

How to read the percentiles



3rd = Lower limit



50th = Average



97th = Upper limit

3rd to 97th = Healthy range for all parameters

Ek number nahi — TREND dekho.

Baby apni curve pe chal raha hai? That's all that matters.

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WEIGHT-FOR-AGE

Boys & Girls | Birth to 5 Years | WHO 2006 (kg)

BOYS

Birth weight doubles by ~5 months, triples by 1 year

Age	3rd %ile (Lower)	50th %ile (Median)	97th %ile (Upper)
Birth	2.5 kg	3.3 kg	4.3 kg
1 month	3.4 kg	4.5 kg	5.7 kg
2 months	4.4 kg	5.6 kg	7.0 kg
3 months	5.1 kg	6.4 kg	7.9 kg
4 months	5.6 kg	7.0 kg	8.6 kg
5 months	6.1 kg	7.5 kg	9.2 kg
6 months	6.4 kg	7.9 kg	9.7 kg
9 months	7.2 kg	8.9 kg	10.9 kg
12 months	7.8 kg	9.6 kg	11.8 kg
18 months	8.9 kg	10.9 kg	13.5 kg
2 years	9.8 kg	12.2 kg	15.1 kg
3 years	11.4 kg	14.3 kg	18.0 kg
4 years	12.7 kg	16.3 kg	20.9 kg
5 years	14.1 kg	18.3 kg	23.5 kg

GIRLS

Girls slightly lighter than boys — completely normal

Age	3rd %ile (Lower)	50th %ile (Median)	97th %ile (Upper)
Birth	2.4 kg	3.2 kg	4.2 kg
1 month	3.2 kg	4.2 kg	5.4 kg
2 months	4.0 kg	5.1 kg	6.5 kg
3 months	4.6 kg	5.8 kg	7.4 kg
4 months	5.1 kg	6.4 kg	8.1 kg
5 months	5.5 kg	6.9 kg	8.7 kg
6 months	5.8 kg	7.3 kg	9.2 kg
9 months	6.6 kg	8.2 kg	10.4 kg
12 months	7.1 kg	8.9 kg	11.3 kg
18 months	8.1 kg	10.2 kg	12.9 kg
2 years	9.0 kg	11.5 kg	14.8 kg
3 years	10.8 kg	13.9 kg	18.1 kg
4 years	12.3 kg	16.1 kg	21.5 kg
5 years	14.2 kg	18.2 kg	24.9 kg

HEIGHT & HEAD CIRCUMFERENCE

Boys & Girls | Birth to 5 Years | WHO 2006 (cm)

HEIGHT / LENGTH — BOYS

Age	3rd %ile (Lower)	50th %ile (Median)	97th %ile (Upper)
Birth	45.5 cm	49.9 cm	53.4 cm
1 month	50.2 cm	54.7 cm	58.4 cm
2 months	53.8 cm	58.4 cm	62.2 cm
3 months	56.7 cm	61.4 cm	65.3 cm
4 months	59.0 cm	63.9 cm	67.8 cm
5 months	61.0 cm	65.9 cm	70.0 cm
6 months	62.8 cm	67.6 cm	71.9 cm
9 months	67.7 cm	72.3 cm	77.1 cm
12 months	71.7 cm	75.7 cm	82.0 cm
18 months	77.5 cm	82.3 cm	88.7 cm
2 years	80.0 cm	87.1 cm	92.9 cm
3 years	88.7 cm	96.1 cm	103.3 cm
4 years	95.8 cm	103.3 cm	111.0 cm
5 years	102.0 cm	110.0 cm	117.5 cm

HEIGHT / LENGTH — GIRLS

Age	3rd %ile (Lower)	50th %ile (Median)	97th %ile (Upper)
Birth	44.8 cm	49.1 cm	52.7 cm
1 month	49.1 cm	53.7 cm	57.4 cm
2 months	52.3 cm	57.1 cm	60.9 cm
3 months	54.9 cm	59.8 cm	63.8 cm
4 months	57.1 cm	62.1 cm	66.2 cm
5 months	58.9 cm	64.0 cm	68.2 cm
6 months	60.6 cm	65.7 cm	70.0 cm
9 months	65.3 cm	70.1 cm	75.0 cm
12 months	69.2 cm	74.0 cm	79.2 cm
18 months	75.0 cm	80.7 cm	86.2 cm
2 years	78.0 cm	85.7 cm	91.9 cm
3 years	87.4 cm	95.1 cm	102.7 cm
4 years	94.4 cm	102.7 cm	110.0 cm
5 years	100.9 cm	109.4 cm	116.9 cm

Tip: 0–2 years: measure lying down (length). 2+ years: standing height. Difference ~0.7 cm — normal.

Parents ke liye Guide

Yeh numbers ghar pe kaise use karein

01

Sirf ek number mat dekho — trend dekho

Baby ka weight/height ek visit mein thoda upar ya neeche ho sakta hai. Important: kya woh apni

02

Weight ghar pe track karo

Same scale, same time (subah nahane se pehle), har mahine. Yeh list doctor ko dikhao — bahut he

03

Height kaise maapein (0-2 saal)

Baby ko flat surface pe litaao, sar wall se lagao, pairon ko seedha karo aur heel se maapein. S

04

Height kaise maapein (2+ saal)

Bina joote ke seedha khada karo, peethe wall se, nazar seedhi. Subah measure karo — sham mein 0

05

Sar ka size (Head circumference)

Pehle 2 saal mein OPD mein doctor zaroor measure karta hai. Ghar pe: tape maathaay ke upar se,

06

Doctor se yeh poochho

'Kya mera baby apni curve pe hai?' — weight, height aur sar teeno ke liye. Sirf 'normal hai' en

■ Doctor ko kabhi zaroor dikhao if:

Weight/height 3rd percentile se neeche jaaye | 2 ya zyada percentile lines cross karein | Growth ruk jaaye

Head size rapidly badhe ya ghate | Baby mein koi development delay ho

Disclaimer:

Sirf educational reference ke liye. Kisi bhi concern ke liye apne pediatrician se milein. Self-diagnosis avoid karein.

Data source: WHO Child Growth Standards 2006 | IAP Growth Chart Guidelines 2015

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