# GROWTH MONITORING & PROMOTION

### Growth

Growth is the regular increase in height & weight of any living thing, whether it is a plant, an animal, or a human being



#### **Growth Monitoring**

Growth monitoring is a regular measurement of growth which enables mothers to visualize growth, or lack of it, and obtain specific, relevant & practical guidance to ensure continued regular growth and health of the children

provide regular contact with primary health services. Teach mothers, families & AWWs how diet and illness can affect child growth and thereby stimulate individual initiative and improved nutrition and healthcare practices

Measure individual health and instigates effective action in response to growth faltering

Objectives of Growth Monitoring & Promotion

#### **REMEMBER:**

As per new WHO Child Growth Standards, there are separate Growth Charts for Girls and Boys, as they have different weights and lengths beginning at birth & grow to different sizes according to age

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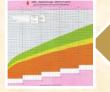
Age	Average Weight Gain/ Month
Birth to 2 months	800
3 months to 4 months	600
5 months to 6 months	400
7 months to 3 years	200



Step 1: Determining correct age of the child



Step 2: Accurate weighing of the child



Step 3: Plotting the weight accurately on a growth chart of appropriate gender

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Step 4: Interpreting the direction of the growth curve & recognizing if the child is growing properly



Step 5: Discussing the child's growth & follow up action needed, with the mother

**Steps of Growth Monitoring** 

### **REMEMBER:**

Growth Monitoring must start at an early age in the child's life, right from birth