

# GROWTH MONITORING & PROMOTION

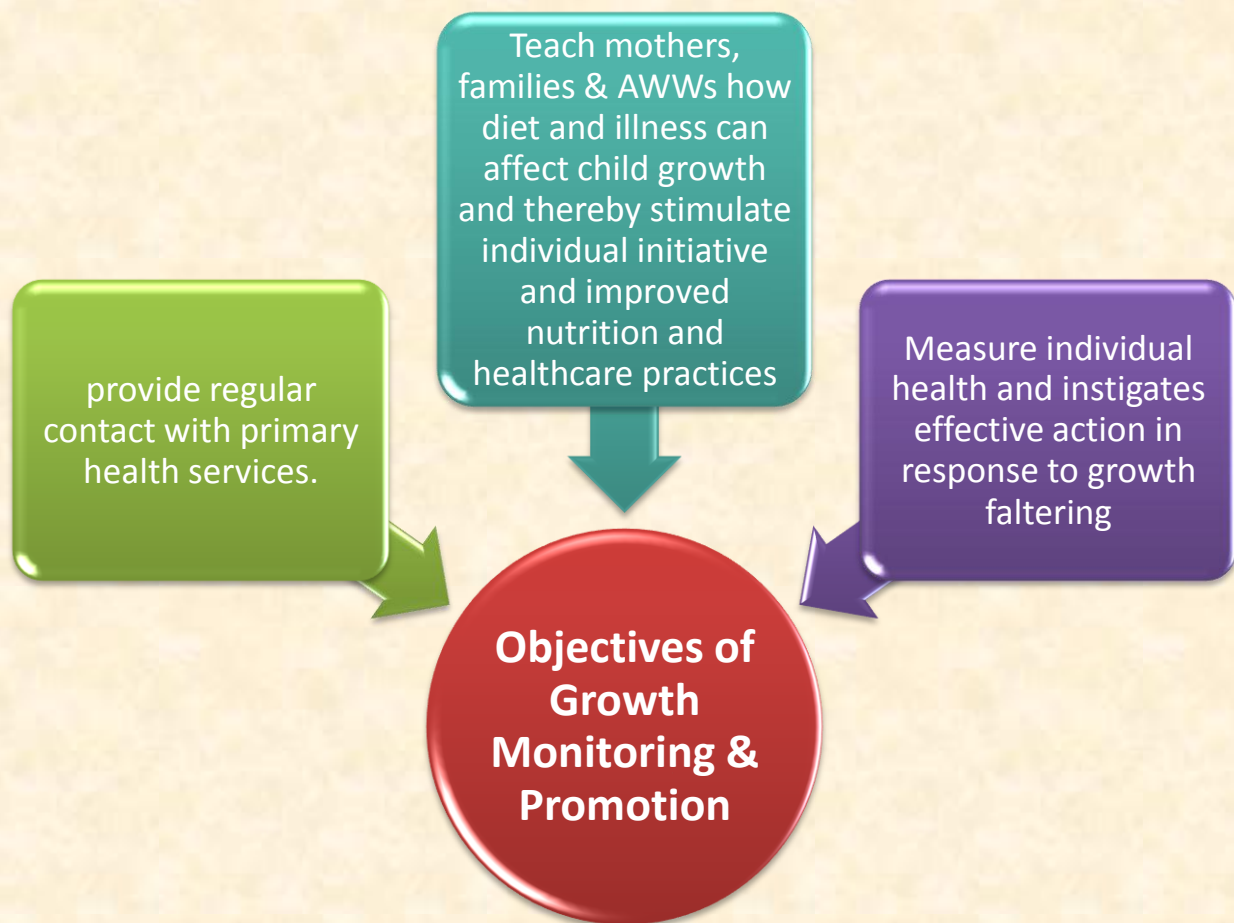
## Growth

- 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



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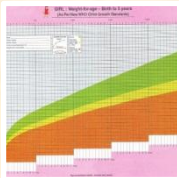
Age	Average Weight Gain/ Month
Birth to 2 months	800
3 months to 4 months	600
5 months to 6 months	400
7 months to 3 years	200



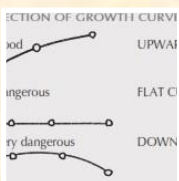
**Step 1: Determining correct age of the child**



**Step 2: Accurate weighing of the child**



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



**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**