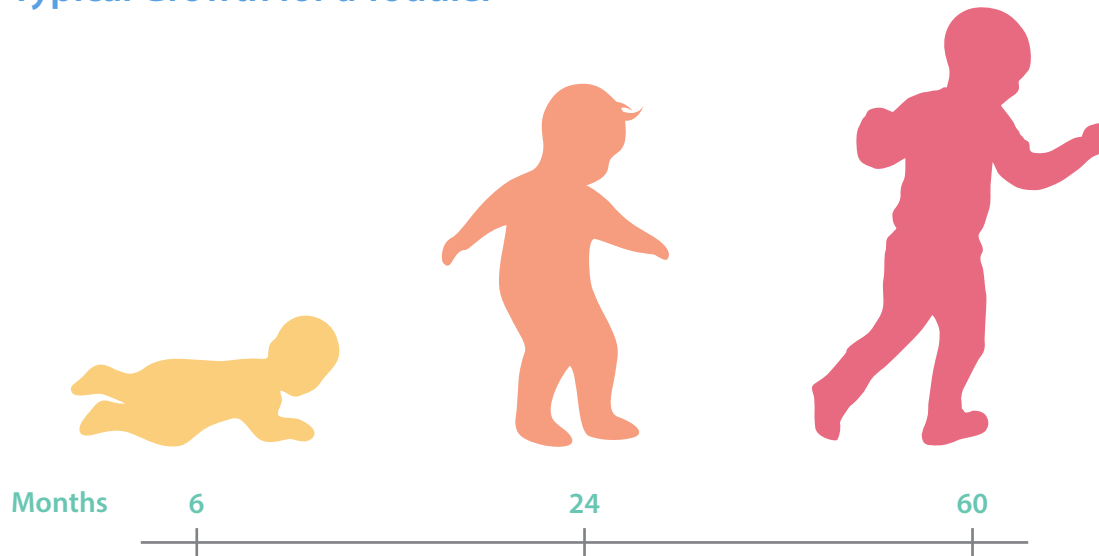


Your Toddler's Growth

Children come in different shapes and sizes. Your toddler may be shorter or taller, lighter or heavier than other children his age. But changes in his height and weight will generally follow a regular pattern that's right for him.

Typical Growth for a Toddler



6 months

- weighs twice as much as at birth
- 55 to 57 cm (21½ to 22½ inches) long

12 months

- weighs 2½ to 3 times as much as at birth
- 25 cm (10 inches) longer than at birth

12 to 24 months

- gains 1½ to 2½ kg (3 to 5 lb)
- grows 7 to 12 cm (3 to 5 inches)
- has more muscle in her arms and legs
- has less fat around her face and tummy
- starts to look like a young child

24 months to 5 years

- gains 1½ to 2½ kg (3 to 5 lb) per year
- grows about 8 cm (3 inches) per year

What You Can Do

Growing too fast or too slowly can be a sign of problems with feeding, stress or health.

You can help your toddler grow well by:

- ✓ breastfeeding until he's 2 years or older
- ✓ giving him opportunities to be physically active every day
- ✓ having regular family mealtimes and regular snack times instead of "grazing" all day
- ✓ providing healthy food choices, then letting your toddler decide how much he wants to eat
- ✓ setting a good example by eating well and being active
- ✓ having him weighed and measured whenever he visits your health care provider
- ✗ limiting sugary drinks and other highly processed foods
- ✗ not pressuring your toddler to eat
- ✗ not using food as a reward
- ✗ limiting screen time