

Organization growth standards be used to monitor growth for infants and children between the ages of 0 and 2 years old. Because breastfeeding is the recommended standard for infant feeding, the World Health Organization growth charts are used; they reflect growth patterns among children who were predominately breastfed for at least 4 months and are still breastfeeding at 12 months old. The Centers for Disease Control and Prevention growth charts (www.cdc.gov/growthcharts) are used for children 2 years old and older.

Children whose growth may be questionable include:

- Children whose height and weight percentiles are widely disparate (e.g., height in the 10th percentile and weight in the 90th percentile, especially with above-average skinfold thickness)
- Children who fail to follow the expected growth velocity in height and weight, especially during the rapid growth periods of infancy and adolescence
- Children who show a sudden increase (except during normal puberty) or decrease in a previously steady growth pattern (i.e., crossing two major percentile lines after 3 years old)
- Children who are short in the absence of short parents

Because growth is a continuous but uneven process, the most reliable evaluation lies in comparing growth measurements over time because they reflect change. It is important to remember that normal growth patterns vary among children the same age ([Fig. 4-8](#)).