

Normal Growth



What is considered a normal growth rate?

Normal growth is grouped in a range that pediatricians use to see how a child is growing. Here are some average height and weight ranges, based on growth charts developed by the CDC.

Age	Height - Females (in inches)	Height - Males (in inches)	Weight - Females (in pounds)	Weight - Males (in pounds)
1	27 to 31	28 to 32	15 to 20	17 to 21
2	31.5 to 36	32 to 37	22 to 32	24 to 34
3	34.5 to 40	35.5 to 40.5	26 to 38	26 to 38
4	37 to 42.5	37.5 to 43	28 to 44	30 to 44
6	42 to 49	42 to 49	36 to 60	36 to 60
8	47 to 54	47 to 54	44 to 80	46 to 78
10	50 to 59	50.5 to 59	54 to 106	54 to 102
12	55 to 64	54 to 63.5	68 to 136	66 to 130
14	59 to 67.5	59 to 69.5	84 to 160	84 to 160
16	60 to 68	63 to 73	94 to 172	104 to 186
18	60 to 68.5	65 to 74	100 to 178	116 to 202

A child may be growing, but their growth pattern may not fit the normal pattern. And this is OK. Ultimately, the child should grow to normal height by adulthood. If you think your child or teen is not growing correctly, always talk with your child's healthcare provider.

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