

PALS: Vital Signs in Children				
Normal Heart Rates (beats/min)			Normal Respiratory Rates (breaths/min)	
Age	Awake Rate	Sleeping Rate	Age	Rate
Neonate	100-205	90-160	Infant	30-53
Infant	100-180	90-160	Toddler	22-37
Toddler	98-140	80-120	Preschooler	20-28
Preschooler	80-120	65-100	School-aged child	18-25
School-aged child	75-118	58-90	Adolescent	12-20
Adolescent	60-100	50-90		
Normal Blood Pressures (mm Hg)				
Age	Systolic Pressure	Diastolic Pressure	Mean Arterial Pressure	
Birth (12 h, <1000 g)	39-59	16-36	28-42	
Birth (12 h, 3 kg)	60-76	31-45	48-57	
Neonate (96 h)	67-84	35-53	45-60	
Infant (1-12 mo)	72-104	37-56	50-62	
Toddler (1-2 y)	86-106	42-63	49-62	
Preschooler (3-5 y)	89-112	46-72	58-69	
School-aged child (6-9 y)	97-115	57-76	66-72	
Preadolescent (10-12 y)	102-120	61-80	71-79	
Adolescent (12-15 y)	110-131	64-83	73-84	