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Age-appropriate Weight and Vitals

Estimating Weight

Digit	Left Hand Age in Years	Right Hand Weight in Kg
Thumb	1	10
Index	3	15
Long	5	20
Ring	7	25
Small	9	30



Normal Vitals

	Resp Rate	Minimum SBP	Heart Rate Max	HR+ 104F fever
Infant	40	60 (first month) 70 (1-12m)	160	200
Toddler	30	70 + (2 x age)	140	180
School Age	20	70 + (2 x age)	120	160
Teen	15	90	100	140

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