Average baby weight and length chart by month

In the United States, the average baby weighs about 7 pounds 3 ounces (3.3 kg) at birth. Girls (at 7 pounds, 1 ounce/3.2 kg) are a bit smaller than boys (at 7 pounds 4 ounces/3.3 kg) on arrival. The average new-born is 19 1/2 inches (49.5 cm) long, with girls measuring 19 inches (49 cm) and boys measuring 19 3/4 inches (50 cm).

While most babies (both formula and breastfed) lose weight during the first few days of life, within a couple of weeks they're back to their birth weight. Until 3 months of age, most babies gain about an ounce each day. By age 4 months, most infants have doubled their birth weight, and by 1 year, most have tripled it. Most babies also grow about 10 inches (25 cm) by their first birthday.

Keep in mind that babies and children have [growth spurts](https://www.babycenter.com/0_baby-growth-spurts_40007276.bc), too – which means that growth isn't always a gradual, predictable process. Just when you start to wonder whether your child has grown enough lately, he may climb the charts!

The data in the charts below comes from the [World Health Organization](https://www.cdc.gov/growthcharts/who_charts.htm) for children younger than 2, and the [U.S. Centres for Disease Control and Prevention](http://www.cdc.gov/growthcharts/cdc_charts.htm) for children age 2 and older.

**Quick tip:** For babies born prematurely, use gestational age (not age since birth) when you look up their numbers in this chart. You can also find growth charts specifically for preterm infants [here](https://www.tno.nl/en/focus-areas/healthy-living/roadmaps/youth/growth-charts-for-preterm-infants/). If you have a special-needs child, your doctor may give you a different chart.

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| --- | --- | --- | --- |
| **Age** | **Size** | **Boys** | **Girls** |
| **Birth** | **Weight** | 7 lb 4 oz (3.3 kg) | 7 lb 1oz (3.2 kg) |
|  | **Length** | 19 3/4 inches (49.9 cm) | 19 1/4 inches (49.1 cm) |
|  |  |  |  |
| **1 month** | **Weight** | 9 lb 15 oz (4.5 kg) | 9 lb 4 oz (4.2 kg) |
|  | **Length** | 21 1/2 in (54.7 cm) | 21 in (53.7 cm) |
|  |  |  |  |
| **2 months** | **Weight** | 12 lb 6 oz (5.6 kg) | 11 lb 4 oz (5.1 kg) |
|  | **Length** | 22 3/4 in (57.9 cm) | 22 1/2 in (57.1 cm) |
|  |  |  |  |
| **3 months** | **Weight** | 14 lb 2 oz (6.4 kg) | 12 lb 13 oz (5.8 kg) |
|  | **Length** | 24 in (60.8 cm) | 23 1/2 in (59.8 cm) |
|  |  |  |  |
| **4 months** | **Weight** | 15 lb 7 oz (7 kg) | 14 lb 2 oz (6.4 kg) |
|  | **Length** | 25 1/4 in (63.9 cm) | 24 1/2 in (62.1 cm) |
|  |  |  |  |
| **5 months** | **Weight** | 16 lb 9 oz (7.5 kg) | 15 lb 3 oz (6.9 kg) |
|  | **Length** | 26 in (65.9 cm) | 25 1/4 in (64 cm) |
|  |  |  |  |
| **6 months** | **Weight** | 17 lb 7 oz (7.9 kg) | 16 lb 2 oz (7.3 kg) |
|  | **Length** | 26 1/2 in (67.6 cm) | 26 in (65.7 cm) |
|  |  |  |  |
| **7 months** | **Weight** | 18 lb 5 oz (8.3 kg) | 16 lb 12 oz (7.6 kg) |
|  | **Length** | 27 1/4 in (69.2 cm) | 26 1/2 in (67.3 cm) |
|  |  |  |  |
| **8 months** | **Weight** | 18 lb 15 oz (8.6 kg) | 17 lb 7 oz (7.9 kg) |
|  | **Length** | 27 3/4 in (70.6 cm) | 27 in (68.7 cm) |
|  |  |  |  |
| **9 months** | **Weight** | 19 lb 10 oz (8.9 kg) | 18 lb 2 oz (8.2 kg) |
|  | **Length** | 28 1/4 in (72 cm) | 27 1/2 in (70.1 cm) |
|  |  |  |  |
| **10 months** | **Weight** | 20 lb 5 oz (9.2 kg) | 18 lb 12 oz (8.5 kg) |
|  | **Length** | 29 in (73.3 cm) | 28 1/4 in (71.5 cm) |
|  |  |  |  |
| **11 months** | **Weight** | 20 lb 12 oz (9.4 kg) | 19 lb 3 oz (8.7 kg) |
|  | **Length** | 29 1/4 in (74.5 cm) | 28 3/4 in (72.8 cm) |
|  |  |  |  |

Typical toddler weights and heights

Between 12 and 24 months, most toddlers grow about 4 or 5 inches (10 to 12 cm) and gain about 5 pounds (2.27 kg). Your little one will start looking more like a child than a baby as he starts to slim down a bit and become more muscular.

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| --- | --- | --- | --- |
| **Age** | **Size** | **Boys** | **Girls** |
| **12 months** | **Weight** | 21 lb 3 oz (9.6 kg) | 19 lb 10 oz (8.9 kg) |
|  | **Height** | 30 in (75.7 cm) | 29 in (74 cm) |
|  |  |  |  |
| **15 months** | **Weight** | 22 lb 11 oz (10.3 kg) | 21 lb 3 oz (9.6 kg) |
|  | **Height** | 31 in (79.1 cm) | 30 1/2 in (77.5 cm) |
|  |  |  |  |
| **18 months** | **Weight** | 24 lb 1 oz (10.9 kg) | 22 lb 8 oz (10.2 kg) |
|  | **Height** | 32 1/2 in (82.3 cm) | 31 3/4 in (80.7 cm) |
|  |  |  |  |
| **21 months** | **Weight** | 25 lb 6 oz (11.5 kg) | 24 lb 1 oz (10.9 kg) |
|  | **Height** | 33 1/2 in (85.1 cm) | 33 in (83.7 cm) |
|  |  |  |  |
| **22 months** | **Weight** | 26 lb (11.8 kg) | 24 lb 8 oz (11.1 kg) |
|  | **Height** | 34 in (86 cm) | 33 1/4 in (84.6 cm) |
|  |  |  |  |
| **23 months** | **Weight** | 26 lb 7 oz (12 kg) | 24 lb 15 oz (11.3 kg) |
|  | **Height** | 34 1/4 in (86.9 cm) | 33 1/2 in (85.5 cm) |
|  |  |  |  |

What factors can affect my child's weight and height?

Your child's genes are the biggest factor determining how tall he'll get and how heavy he'll be. But there are other factors, too:

* **Gestation.** If your baby arrived after her [due date](https://www.babycenter.com/pregnancy-due-date-calculator), she may be larger than average, and if she was born [prematurely](https://www.babycenter.com/0_preterm-labor-and-birth_1055.bc), she'll probably be smaller. (Because [multiples](https://www.babycenter.com/pregnancy/your-baby) are typically born early, they tend to be smaller, too.)
* **Your pregnancy health**. If you [smoked](https://www.babycenter.com/0_how-smoking-during-pregnancy-affects-you-and-your-baby_1405720.bc) or ate poorly during pregnancy, you're more likely to give birth to a smaller baby. If you gained a great deal of [weight during pregnancy](https://www.babycenter.com/101_pregnancy-weight-gain-recommendations_10384537.bc) or had [gestational diabetes](https://www.babycenter.com/0_gestational-diabetes_2058.bc) , you're more likely to give birth to a larger baby.
* **Gender:** Baby girls are typically a little smaller (length and weight) at birth than baby boys.
* [**Breastfed or formula fed**](https://www.babycenter.com/404_is-it-true-that-breastfed-babies-grow-more-slowly-than-formu_8829.bc)**.** In their first year, breastfed infants will gain weight more slowly than formula-fed infants, who will gain weight more rapidly after about 3 months of age. (For the first few months, the breastfed babies grow more quickly.) By age 2, breastfed and formula-fed babies weigh about the same.
* **Hormones.** If your child has a hormone imbalance, such as low growth hormone levels or a low thyroid level, it could slow his growth.
* **Medications.** Certain medications, such as regular use of corticosteroids, might slow growth.
* **Health issues**. If your child has a chronic illness (such as cancer, kidney disease, or [cystic fibrosis](https://www.babycenter.com/0_cystic-fibrosis-in-children_11422.bc)), or any disorder affecting his ability to eat or absorb nutrients (such as gastrointestinal problems), his growth might be slowed.
* **Genetic conditions.** Beyond your child's general genetic makeup (you and his dad are tall, for example), having certain genetic conditions – such as [Down syndrome](https://www.babycenter.com/0_welcoming-babies-with-down-syndrome_1817.bc), Noonan syndrome, or Turner syndrome – could affect his growth.
* **Sleep.** Babies grow after [sleeping,](https://www.babycenter.com/0_your-childs-sleep-and-nap-timeline_10357001.bc) so if your baby's a good sleeper, he may also be a good grower!

What do growth chart percentiles mean?

Growth charts give you a general idea of how your child is growing. They use percentiles to compare your baby's growth to other babies of the same age and sex.

The charts below show the height and weight (or length, for babies) for children of both genders in the 50th percentile, which is the average. Anything higher means your child is larger than average. Anything lower means he is smaller than average.

For example, if your 2-month-old daughter weighs 13 pounds, she is heavier than average. If she is 20 inches long, she is smaller than average.

Your doctor will normally calculate your child's weight and height as a percentile. If your child is in the 75th percentile for weight, for example, that means 74 percent of children her age and gender weigh less, and 24 percent weigh more.