

Growth record

One sheet per child. Weigh and measure twice a year and write it here. Without a record there is no way to notice a child stopped growing, and that is the first thing to show.

CHILD'S NAME

DATE OF BIRTH

HOME

RECORD STARTED

DATE	AGE	WEIGHT (KG)	HEIGHT (CM)	NOTES

HOW TO MEASURE WELL

- Always at the same time of day and on the same scale. A different scale changes the number without the child changing.
- No shoes, light clothing, standing, heels together against the wall, looking straight ahead.
- Write the number down even if it looks wrong. A figure you do not like is still a figure; erasing it loses the signal.
- Twice a year is enough to see a trend. More often does not add information in healthy children.

WHEN TO ASK A HEALTH PROFESSIONAL

- The child **lost weight** between one measurement and the next.
- The child **did not grow in height** over six months or more.
- They look tired, pale or low on energy consistently.
- Their hemoglobin has never been checked. Anemia is not corrected by a menu and is common in children in residential care.
- **This sheet diagnoses nothing.** It exists to tell you when to take a child to the health post, not to replace one.