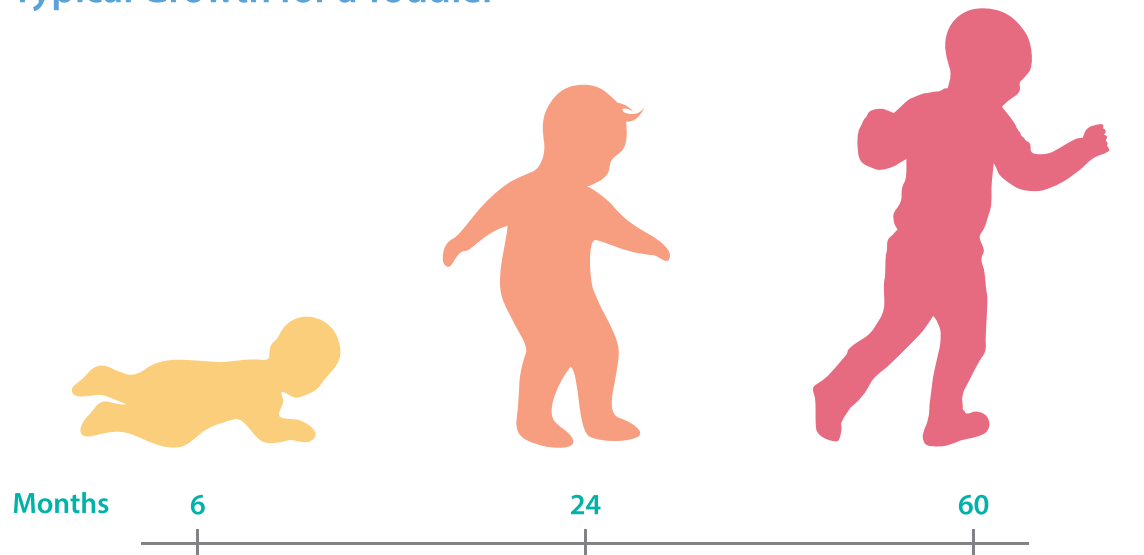


## Your Toddler's Growth

Children come in different shapes and sizes. Your toddler may be shorter or taller, lighter or heavier than other children their age. But changes in their height and weight will generally follow a regular pattern that's right for them.

### Typical Growth for a Toddler



#### 6 months

- weighs twice as much as at birth
- 55 to 57 cm (21½ to 22½ inches) long

#### 12 months

- weighs 2½ to 3 times as much as at birth
- 25 cm (10 inches) longer than at birth

#### 12 to 24 months

- gains 1½ to 2½ kg (3 to 5 lb)
- grows 7 to 12 cm (3 to 5 inches)
- has more muscle in their arms and legs
- has less fat around their face and tummy
- starts to look like a young child

#### 24 months to 5 years

- gains 1½ to 2½ kg (3 to 5 lb) per year
- grows about 8 cm (3 inches) per year

### What You Can Do

Growing too fast or too slowly can be a sign of problems with feeding, stress or health.

You can help your toddler grow well by:

- ✓ breastfeeding or chestfeeding until they're 2 years or older
- ✓ giving them opportunities to be physically active every day
- ✓ having regular family mealtimes and regular snack times instead of "grazing" all day
- ✓ providing healthy food choices, then letting your toddler decide how much they want to eat
- ✓ setting a good example by eating well and being active
- ✓ having them weighed and measured whenever they visit a health care provider
- ✗ limiting sugary drinks and other highly processed foods
- ✗ not pressuring your toddler to eat
- ✗ not using food as a reward
- ✗ limiting screen time