

MEASURING YOUR BABY

WEIGHT-FOR-LENGTH MEASUREMENTS

You may have noticed that we measure your baby's length when you come in for a check-up. Or you might have heard your baby's doctor talk about weight-for-length measurements. What are weight-for-length measurements, and why do they matter?

Weight-for-length measurements help us track your baby's growth.

- For babies up to 2 year of age, the best way to determine their growth is to track their weight compared to their length. This process is called weight-for-length measurement.
- We track your baby's weight and length each time you visit. This lets us see how your baby is growing and gaining weight over time.

Finding problems now will help us keep your baby healthy in the future.

- Usually, we are glad to see babies gain weight! This means they are getting bigger and stronger. But weighing too much can lead to health problems as they get older.
- Many kids and teens who are very overweight, first started having problems with their weight when they were babies.
- If your baby is gaining weight too quickly, weight-for-length measurements help us see this early.
- Finding problems now helps us make sure that this doesn't become a bigger problem later. If needed, we can help you make changes in what your baby eats.

MaineHealth

LET'S GO!

5-2-1-0

