

## Measuring Your Baby's Growth: Weight-for-Length Measurements



You might have heard your baby's healthcare provider talk about weight-for-length measurements. What are weight-for-length measurements, and why do they matter?

### **Weight-for-Length measurements help 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.
- Your baby's weight and length are measured at each visit. This lets your provider see how your baby is growing and gaining weight over time.

### **Finding problems now will help 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 for kids and adults.
- Many kids and teens who are overweight started having problems with their weight when they were babies.
- If your baby is gaining weight too quickly, weight-for-length measurements help to show this at an early stage.
- Finding problems now helps to make sure that this doesn't become a bigger problem later. If needed, your provider can suggest changes in what your baby eats.