



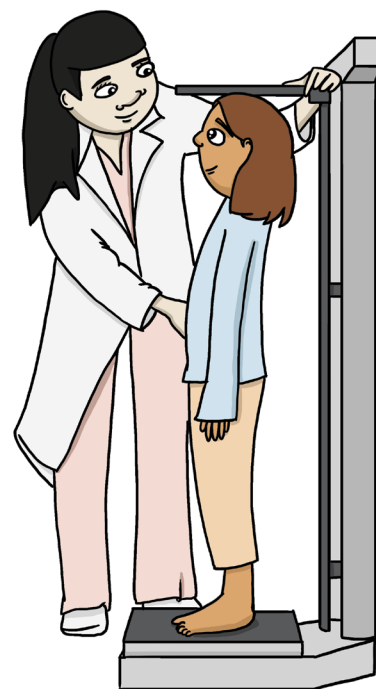
Growth

Every bub should have regular growth checks. A child health nurse, GP or health clinic can measure bub's height and check their growth to see how they are developing.

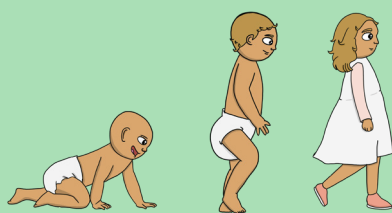
Things that can affect bub's growth are:

- growth hormones tell the body when to grow and when to stop growing
- trauma
- good tucker
- genetics – passed on through the family
- the body fighting off lots and lots of infections or illnesses.

Bub's growth happens in phases or spurts, the 3 growth phases are:

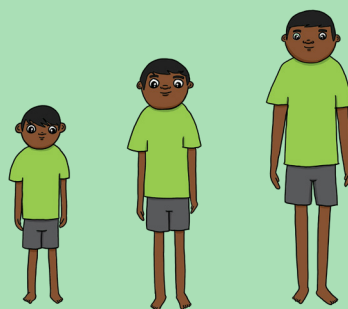


1. 0 - 4yrs old



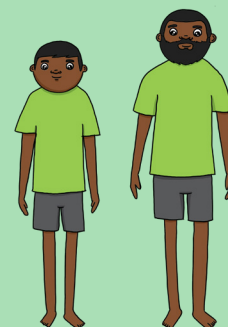
- Where they grow tall fast

2. School age to teens (5 - 17yrs old)



- Bub grows about 5 cms a year
- Growth hormone plays a large part in how tall or short bub will be
- During puberty, bub can grow up to 15cms in a year (growth spurt)

3. Late teens to adulthood (18yrs - 27yrs)

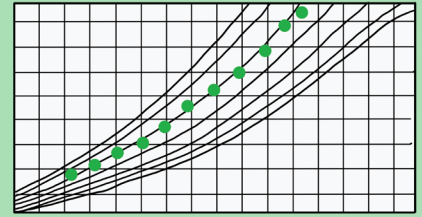


- There may be some growth spurts or little to no growth
- Bones become hard and adult height is reached
- Other hormones start playing a part - male and female hormones and insulin

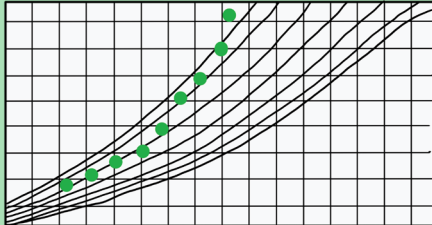
Growth charts for boys and girls

There are differences in how boys and girls grow, so they have different charts.

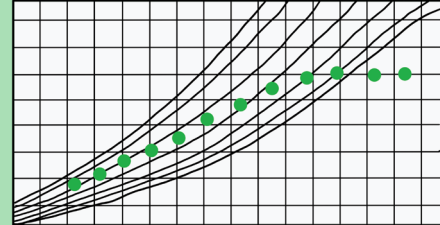
Normal growth is when bub's height slowly goes up over the years following a line within the "average growth range".



Gaining height quickly



Not gaining enough height



There may be a problem if bub is jumping lines, child health nurses, health clinics or GP's will need to check bub's height and growth.

What can be done if growth is abnormal

- If bub's growth is abnormal they will need to have regular measurements (every 3 months).
- The doctor will have parent's height and may also need blood tests and X-rays done. This will help the doctor check bub's hormone levels, general health and to look for genetic conditions which can affect growth.
- The doctor will yarn to you about treatment depending on what is affecting bub's growth.

For more information visit:

- A child health nurse, GP or health clinic.
- [Hormones-and-Me-Growth-problems-in-children.pdf \(d192ha6kdpe15x.cloudfront.net\)](https://www.healthdirect.gov.au/Hormones-and-Me-Growth-problems-in-children.pdf)



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