

# Infant and Toddler Activity sheet



## Activity One:

Mark each statement below as True  or False  regarding best practice in measuring child growth accurately:

1. Most children need to be weighed every month for the first twelve months.  
True  False
2. Length or height should usually be measured whenever a child is weighed.  
True  False
3. Children generally appear longer when measured lying than when measured standing.  
True  False

## Activity two - Common patterns of growth

Look at the charts below and select  the statement beside the chart which best describes the pattern of growth.

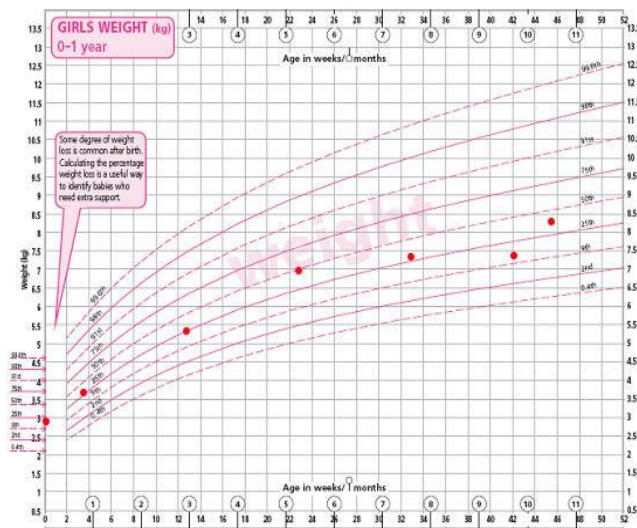


Chart 1:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

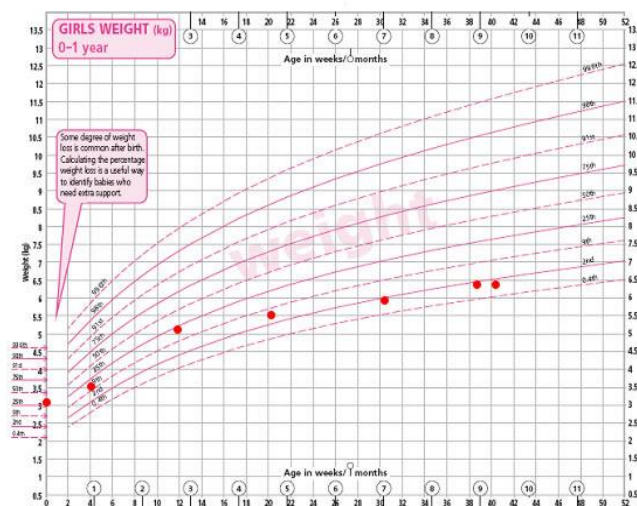


Chart 2:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

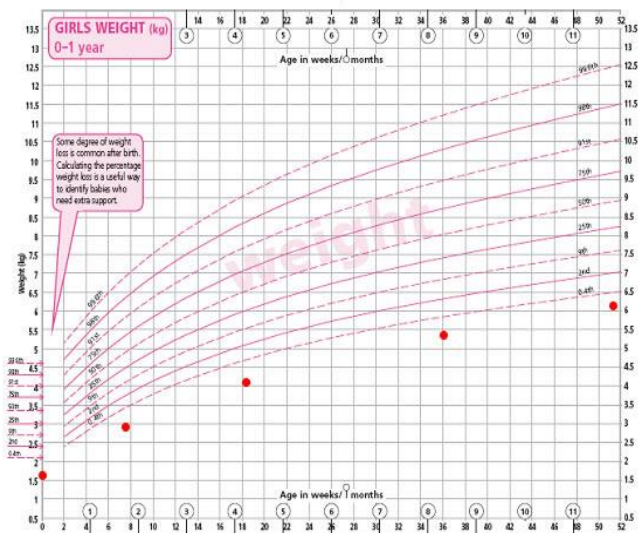


Chart 3:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

### Activity 3 – Length, height and adult Height Prediction

Read the scenario and complete the questions below:

*Scenario:* Mum is worried about Jenny as she has been having frequent colds and seems tired all the time. Three months ago Jenny had a three day admission with a chest infection and since then she has been coughing every night. Mum feels she is small for her age. At the age of 13 months her length was 71cm. At age 2yrs 1m it is 83 cm and her weight is 15.5 kg.

Plot the length/height data and answer the following questions:

1. What is the length centile at age 13m? \_\_\_\_\_
2. What is the height centile at age 2yrs 1m? \_\_\_\_\_
3. What is the tallest and shortest she is likely to be as an adult? \_\_\_\_\_

**(Weight-height to BMI Conversion)**

4. What is the weight centile at age 2yrs 1m? \_\_\_\_\_
5. What is her BMI ? \_\_\_\_\_
6. What action might you take? \_\_\_\_\_