

Instructions

Find the expected date of delivery (EDD) on the calendar and work upwards in the same column to find the weekly dates needed for the preterm date boxes until birth gestation is reached. For expected date per fortnight on the 2 weeks to 6 months chart, work downwards in the same column from EDD (or DOB for term infants).

In a leap year: working downwards: move one column to the left at the end of February; working upwards: move one column to the right as you move from March to February.

Working upwards, when you pass January, start again at the bottom of the calendar, **one column to the right** →

Week	Day							Month
1	1	2	3	4	5	6	7	January
2	8	9	10	11	12	13	14	January
3	15	16	17	18	19	20	21	January
4	22	23	24	25	26	27	28	January
5	29	30	31	1	2	3	4	February
6	5	6	7	8	9	10	11	February
7	12	13	14	15	16	17	18	February
8	19	20	21	22	23	24	25	February
9	26	27	28	1	2	3	4	March
10	5	6	7	8	9	10	11	March
11	12	13	14	15	16	17	18	March
12	19	20	21	22	23	24	25	March
13	26	27	28	29	30	31	1	April
14	2	3	4	5	6	7	8	April
15	9	10	11	12	13	14	15	April
16	16	17	18	19	20	21	22	April
17	23	24	25	26	27	28	29	April
18	30	1	2	3	4	5	6	May
19	7	8	9	10	11	12	13	May
20	14	15	16	17	18	19	20	May
21	21	22	23	24	25	26	27	May
22	28	29	30	31	1	2	3	June
23	4	5	6	7	8	9	10	June
24	11	12	13	14	15	16	17	June
25	18	19	20	21	22	23	24	June
26	25	26	27	28	29	30	1	July
27	2	3	4	5	6	7	8	July
28	9	10	11	12	13	14	15	July
29	16	17	18	19	20	21	22	July
30	23	24	25	26	27	28	29	July
31	30	31	1	2	3	4	5	August
32	6	7	8	9	10	11	12	August
33	13	14	15	16	17	18	19	August
34	20	21	22	23	24	25	26	August
35	27	28	29	30	31	1	2	September
36	3	4	5	6	7	8	9	September
37	10	11	12	13	14	15	16	September
38	17	18	19	20	21	22	23	September
39	24	25	26	27	28	29	30	September
40	1	2	3	4	5	6	7	October
41	8	9	10	11	12	13	14	October
42	15	16	17	18	19	20	21	October
43	22	23	24	25	26	27	28	October
44	29	30	31	1	2	3	4	November
45	5	6	7	8	9	10	11	November
46	12	13	14	15	16	17	18	November
47	19	20	21	22	23	24	25	November
48	26	27	28	29	30	1	2	December
49	3	4	5	6	7	8	9	December
50	10	11	12	13	14	15	16	December
51	17	18	19	20	21	22	23	December
52	24	25	26	27	28	29	30	December

Once you reach the end of the year (working downwards) start again at the top, **one column to the left** ←

BOYS UK-WHO

Low Birthweight Growth Chart



New users need to be taught how to use this chart. A fact sheet and powerpoint can be downloaded free from www.growthcharts.rcpch.ac.uk

Plotting instructions

From birth until 2 weeks after the expected date of delivery (EDD) plot measurements on the **23-42 weeks gestation** chart. From EDD plus 2 weeks (42 weeks gestation) plot measurements on the **2 weeks to 6 months** chart.

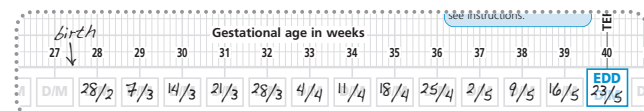
Gestational correction is always required when plotting babies born **preterm** (before 37 completed weeks of gestation). Do not apply any gestational correction for **term** babies (37-42 completed weeks of gestation). If desired the chart may also be used to look up relative size for gestation but **always plot birth data for term babies at term** (40 weeks).

Calculating age and gestational age from dates is difficult and mistakes are common. Although the chart can be plotted in the conventional way, this chart provides **date boxes** which will allow you to move directly from dates to gestational age and reduce the risk of error. To do this effectively, when first used the chart needs to be prepared as below.

Use date boxes for speedy and accurate calculation of age.

For preterm infants

- If expected date of delivery (EDD) is not known, plot birthweight at the exact gestational age and then calculate the date of the *next completed week* (e.g. for date of birth (DOB) 24/2/09 at 27 weeks +3 days gestation, date at 28 weeks gestation will be 28/2/09). Then write in the date (day and month only) at each completed week of gestation, using the calendar (left) as a guide, until EDD is reached.



- If EDD is known, write into the date box marked EDD then work backwards on the 23-42 weeks chart, writing in the date (day and month only) using the calendar (left) as a guide, for each completed week of gestation until birth gestation is reached.

Use the calendar to fill in date boxes before starting plotting.

For all infants

After 42 weeks gestation use the **2 weeks to 6 months** chart. Mark the expected date of each **completed fortnight** after EDD (or DOB for term infants) in the boxes at the bottom of the chart, using the calendar (left) as a guide, and use these to identify the gestationally corrected age.

Date boxes from 6 months are per calendar month.

On the **6 months to 2 years** chart the date boxes are per **calendar month** (4.33 weeks). These dates can be calculated using the day of the EDD (or DOB for a term infant). If a child's EDD was 23/1/10 then mark 23/7/10 in the 6 month box, 23/8 in the 7 month box, 23/9 in the 8 month box, etc.

Please place sticker (if available) otherwise write in space provided.

Name: _____

NHS/CHI No:

Hospital No:

Date of Birth: / /

EDD: / /

Gestation: _____ weeks _____ days

Which children is this chart suitable for?

This chart has been designed for plotting growth measurements of preterm and/or low birthweight infants from birth to the age of 2 years, after which the UK-WHO 0-4 years charts can be used. For healthy preterm babies born at or after 32 weeks gestation the UK-WHO 0-4 years charts can be used from birth, unless there is need for detailed growth assessment. The chart is also suitable for term neonates or young infants requiring close monitoring.

A specialist growth chart for low birthweight

The special features of this chart include:

- A 'date box' system to assist accurate calculation of gestational age
- Large scale for detailed monitoring
- Low reading (SD) lines to allow assessment of very small infants

The three charts display data from two sources:

- 23-42 weeks gestation.** This chart is based on reanalysed *UK1990 data* and illustrates the size at birth of UK infants born at 23-42 weeks gestation around 1990¹. The 23-42 weeks gestation chart does *not* describe how preterm infants grow after birth because it shows only birth measurements of infants born at different gestational ages. The weight of many babies born before 32 weeks, particularly the sickest and most immature, may fall by two centile spaces in the early days.
- 2 weeks to 6 months corrected age and 6 months to 2 years corrected age charts.** These charts are derived from the UK-WHO 0-4 years growth charts and use *World Health Organization (WHO)* data on healthy, non-deprived breastfed children of mothers who did not smoke². These charts do not reflect the usual growth of the preterm infant population. However individual infants who have remained well should follow the trajectory indicated by the centile lines at their corrected age.

For babies born at or after 32 weeks gestation, correction should stop at 1 year and this change should be clearly marked. After the age of 2 years all gestational correction should stop and plotting should be on the UK-WHO 0-4 years chart.

Measuring

Remove all clothing, including caps or bonnets, boots and nappy.

Weight: Use class III electronic scales.

Length: Use length board or mat. Do not use measuring tape.

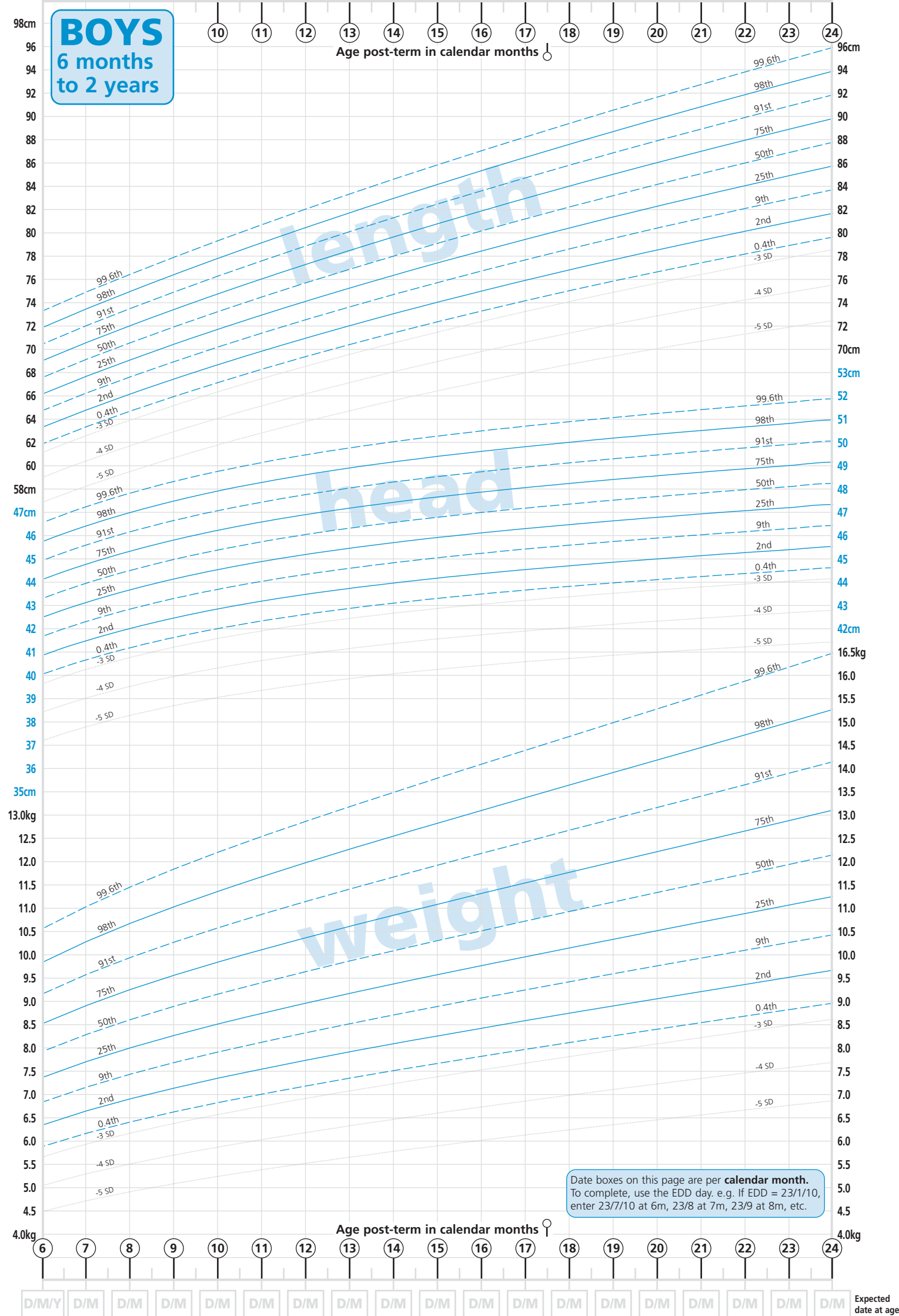
Head circumference: Use non-stretchable tape.

Anyone who takes measurements should be suitably trained or supervised by someone competent. For further information and training materials see www.growthcharts.rcpch.ac.uk

This is a new chart which is still being evaluated and any feedback will be appreciated, via the feedback form on www.growthcharts.rcpch.ac.uk

References

- Cole TJ, Freeman JV, Preece MA. British 1990 growth reference centiles for weight, height, body mass index and head circumference fitted by maximum penalized likelihood. *Stat.Med.* 1998;17:407-29.
- WHO Child Growth Standards www.who.int/childgrowth/en



Date boxes on this page are per **calendar month**. To complete, use the EDD day. e.g. If EDD = 23/1/10, enter 23/7/10 at 6m, 23/8 at 7m, 23/9 at 8m, etc.