

Lay summary



The Royal College of
Paediatrics and Child
Health

The New UK-WHO growth charts

1. New UK growth charts (called UK-WHO Growth Charts) are in use in England, starting in May 2009. They will be for new births only, so any baby who already has a Personal Child Health Record (red book) will continue to use the chart already in that.
2. The new charts show a pattern of healthy growth for all children. They are based on breastfed babies and should be used for all babies, however they are fed.
3. The new charts are suitable for all ethnic groups.
4. There is a separate page on the charts for babies born preterm (before 37 weeks).
5. There are no lines between birth and 2 weeks – this is because babies have very individual weight patterns at this age. Babies should be weighed during this time and if there is a weight loss of 10% or more the baby should be examined and feeding reviewed.
6. The chart no longer has a bold line in the middle. This is to show that a baby growing normally may be anywhere on the chart.
7. There is information in the red book to help parents understand what their child's chart will look like and how to understand it.
8. The charts and educational materials as well as information for parents can be viewed and downloaded at: www.growthcharts.rcpch.ac.uk