

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

You may have noticed that we measure your baby's length when you come in for a check-up. Or you might have heard your baby's doctor talk about weight for length measurements. What are weight for length measurements, and why do they matter?



**Weight for Length Measurements help us track your baby's growth.**

- You may have heard of BMI, or Body Mass Index. BMI tells us if children older than 2 and adults are at a healthy weight for their height.
- We can't measure the height of babies because they can't stand yet, so BMI doesn't work for them. We measure how long they are when they are lying down instead. This is their length.
- We track your baby's length and weight each time you visit. This lets us see how your baby is growing and gaining weight over time.

**Finding problems now will help us to 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 very overweight first started having problems with their weight when they were babies.
- If your baby is gaining weight too quickly, weight for length measurements help us to see this early.
- Finding problems now helps us to make sure that this doesn't become a bigger problem later. If needed, we can help you to make changes in what your baby eats.

