

हार्दिक स्वागत

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CHILD GROWTH MONITORING

What is Growth ? (वाढ म्हणजे काय)

- **Growth is the regular increase in size or weight of any living thing whether it is plant or human being**
- **Growth is a continuous process going on every moment, and is a result of everything in environment and life of living things**

Child Growth

- When a small baby gains weight, grows in height, start or begin to rollover, situp, standup and walk we say Child is growing.
- Optimal child growth occurs only with a adequate food, absence of illness, caring and nurturing, social environment which provides full attention to growing child.

Normal weight gain of a children

Age	Average weight gain per month in Grams
Birth to 6 months	600-800
7 month of 12 months	300-400
1 year to 3 years	150-200

**Child growth is
most rapid in first
year of life.**

**Growing child is
healthy child.**

How to major growth ?

- Most accurate and sensitive method of measuring growth is weight gain.
- Weight change is not visible, hence we weigh children regularly.

What is Growth Monitoring

- **Regular monthly recording weight of the children and plotting it on the growth chart which enables us to see the changes in the weight and giving advice to mother about the growth of child is called GROWTH MONITORING.**

NAME _____

MALE/FEMALE _____

FATHER'S NAME _____

MOTHER'S NAME _____

FAMILY SURVEY REGISTER NO. _____

WEIGHT IN Kilogram (Kg.)

MONTH & YEAR

1 year 2 year 3 year 4 year 5 year

NORMAL

GRADE I

GRADE II

GRADE III

GRADE IV

Purpose of Growth Monitoring ?

To take the action against

- **Inadequate growth in a child**
- **No growth in a child**
- **Weight loss in a child**
- **To restore health & proper growth.**

When to start Growth Monitoring ?

- **Right from the birth of the child**
- **Children of 0-3 Yrs. Age (Monthly)**
- **Children of 3-6 Yrs. Age (Monthly)**
- **Children at risk of Malnutrition**
- **Children who have not gained the weight for three months**

How to determine age ?

- **By recording exact date of birth.**
- **By different seasons at the time of birth.**
- **By important events in agricultural cycle.**
- **By name of the months** (Both Indian & Western)
- **By phases of moon** (Poornima, Amavsya)
- **National Festivals**

How to take weight ?

- **Hange the scale securely**
- **Scale should not touch door or wall**
- **Scale should be at the workers eye level**
- **Adjust scale to 0 with the basket**
- **Take the weight of child with a minimum clothing**
- **Read the weight to nearest 100 gms.**

How to check correctness of scale ?

- Check the accuracy of salter scale every month if possible.
- Borrow standard weight of 5 kg. from shopkeeper in your village and check accuracy of your scale.

Containt of Growth Chart

- **Observe growth chart carefully.**
- **On the extreme top left - there is information box.**
- **Information box contains Name & Sex of child, Mother & Father's Name, Family Survey register number**

Containt of Growth Chart

- Verticle lines indicate age of the child.
- Horizontal lines represents weight.
- At the bottom 5 steps represents 5 years.
- Each years step divided into 12 boxes indicates Months of the year.
- First box on the extreme left indicates month of birth and year of the birth.

Growth Curves (Four curves)

- Curves represents children in the different nutritional grades.
- **Normal Grade - Child weight usually fall above top curve.**
- **Grade I - Child weight fall between top curve & second curve.**
- **Grade II - Child weight fall between second curve & third curve.**
- **Grade III - Child weight fall between third curve & fourth curve.**
- **Grade IV - Child weight fall below fourth curve.**

Significance of Plotting weight on growth chart

- **It provides visual record of growth pattern**
- **It is a tool for health & nutrition education**
- **It detects growth faltering & declining**
- **It indicates various malnutritional grades**

How to fill growth chart ?

- **Filling up index**
- **Filling of information box**
- **Filling up month & year column**
- **Plotting the weights**
- **Thick lined boxes - are month of birth**

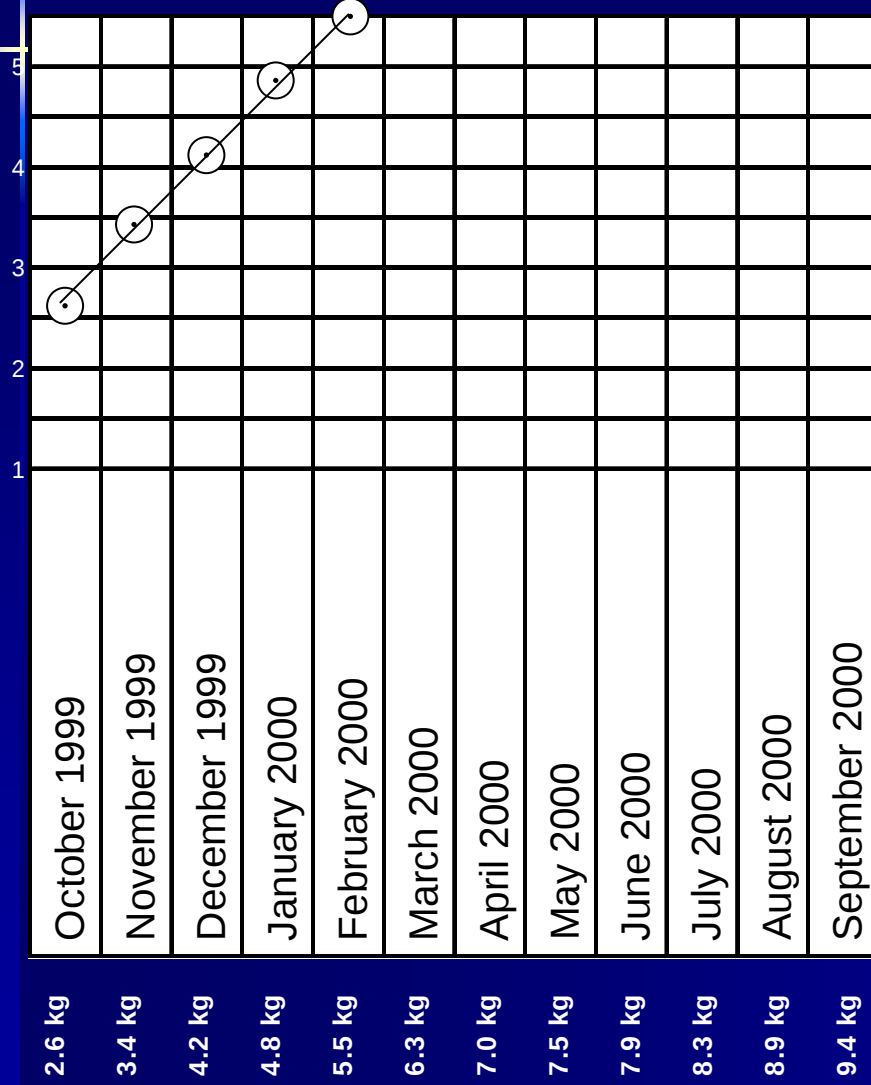
First year - 12 boxes

Month & Year	Weight in Kilogram				
	1	2	3	4	5
October 1999					
November 1999					
December 1999					
January 2000					
February 2000					
March 2000					
April 2000					
May 2000					
June 2000					
July 2000					
August 2000					
September 2000					
10/1999					
11/1999					
12/1999					
01/2000					
02/2000					
03/2000					
04/2000					
05/2000					
06/2000					
07/2000					
08/2000					
09/2000					

Plotting of weight

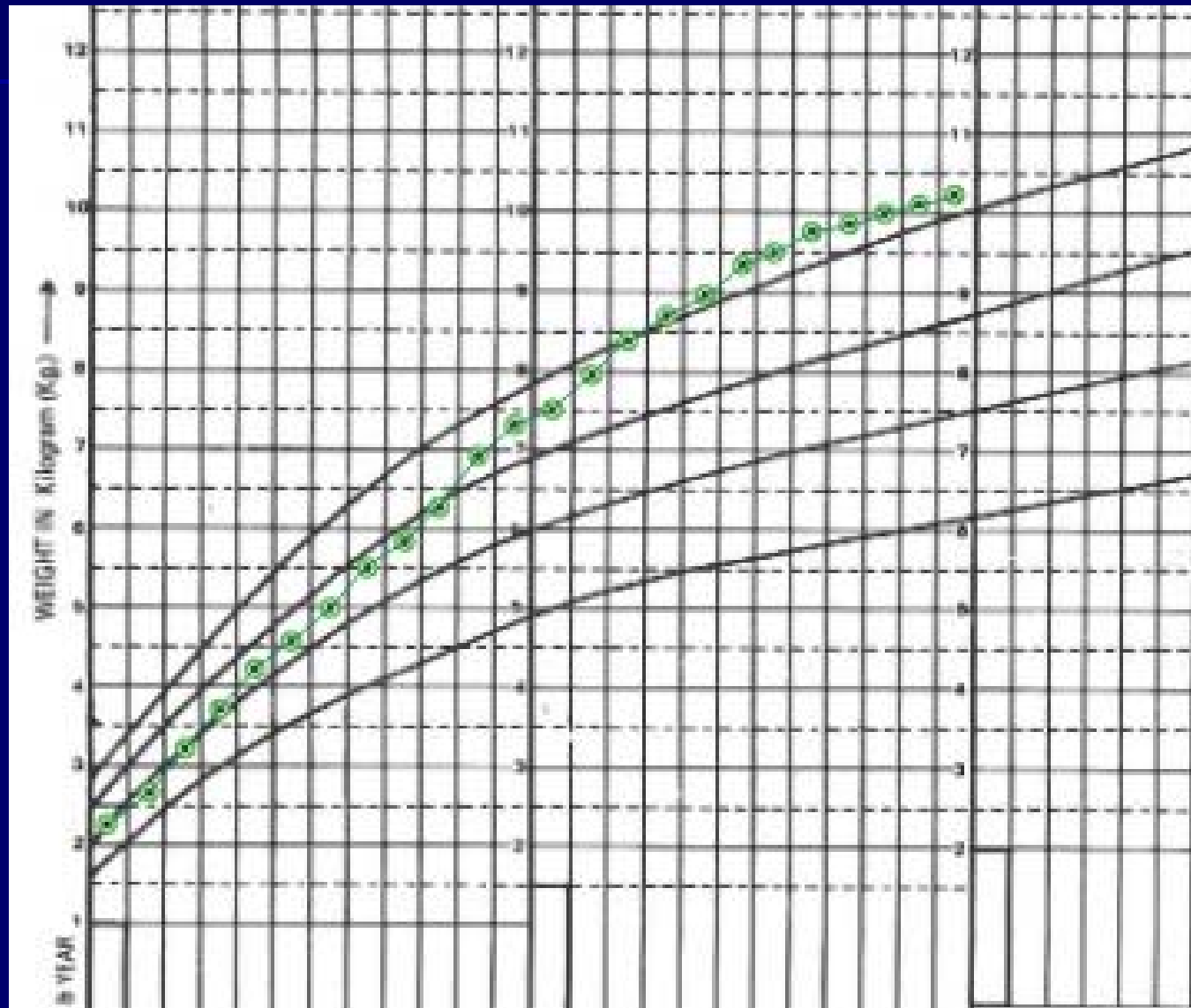
- The weight should be plotted in the center of the two lines of the months.
- Write the weight below the box of that month.
- Join the plotted weight with previous months weight to make the growth curves.

Month & Year Weight in Kilogram

[illegible]

Upward Growth Curve

Healthy
Child

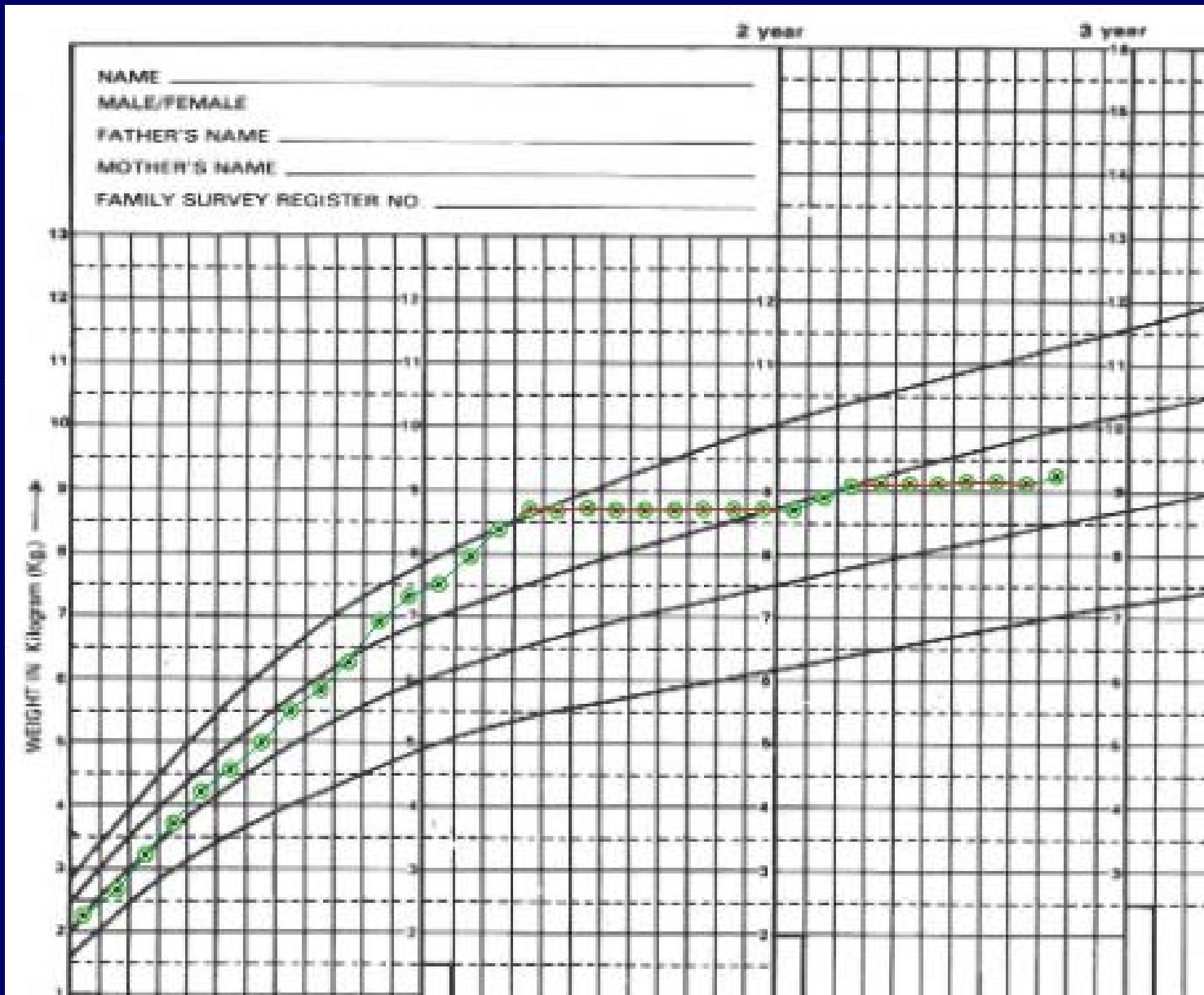


Upward Growth Curve

- Indicates the child is growing with adequate weight gain for the particular age.
- It indicates child growth is healthy.

Growth Faltering

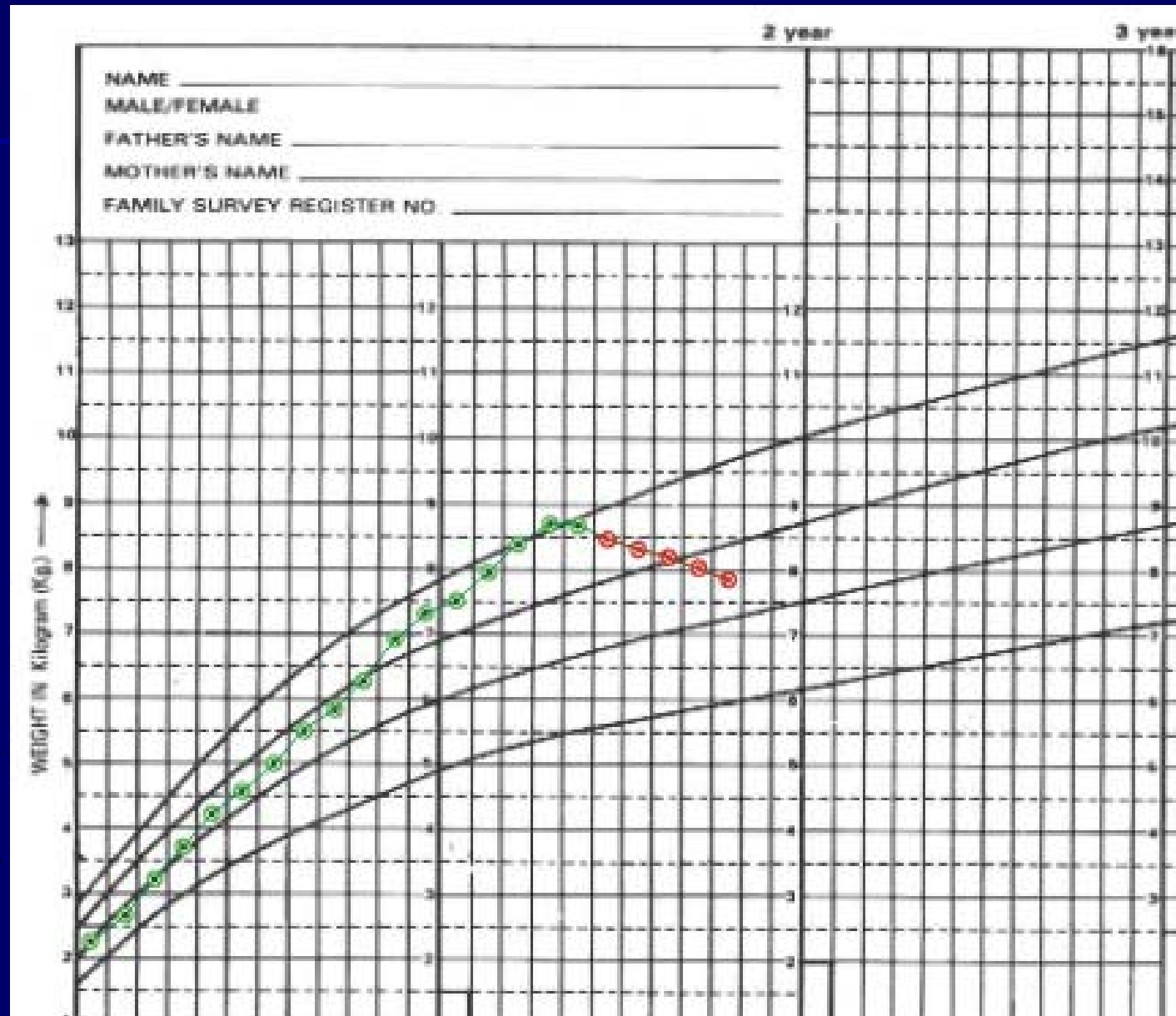
**Unhealthy
Child
Needs
attention**



Growth Faltering

- Flat growth curve indicates no weight gain.
- Requires attention of AWW / Mother / M.O.

Growth Declining



**ILL Child
Needs
SERIOUS
attention
With Health
Intervention**

Growth Declining

- **It indicates weight loss of child.**
- **It indicates some health problems or illness**
- **Requires attention of AWW / Mother and M.O. with immediate health interventions**

REMEMBER

- No matter in which grade the child is.
- It is the weight gain each month which is important

REMEMBER

- To get the full benefit of growth monitoring the community must be made aware of its benefits in promoting child growth & health

REMEMBER

- Task of **growth monitoring** is not accomplished by just weighting the children regularly
- What is more important is to **share the growth curve with the mother & community**

THANK YOU