

GROWTH

Baby Growth Tracking: Understanding Weight and Height Percentiles

Learn how to read baby growth charts, what percentiles mean, and when to talk to your pediatrician about weight gain. Includes WHO and CDC growth chart explanations.

Frequently Asked Questions

What does my baby's growth percentile mean?

A percentile compares your baby's measurement to other babies of the same age and sex. A baby at the 40th percentile for weight weighs more than about 40 percent of peers, it is a ranking, not a grade.

Is a low percentile a problem?

Not on its own. Healthy babies come in all sizes, and a consistently low percentile can be perfectly normal. What matters most is steady growth along a curve over time, which your pediatrician monitors.

How many wet diapers should my baby have?

After the first few days, many babies have around six or more wet diapers a day. Fewer wet diapers, dark urine, or signs of dehydration are worth discussing promptly with your doctor.

Why did my baby's percentile change?

Small shifts are common, especially in the first months as growth settles onto a pattern. A large or sudden change across multiple percentile lines is what your pediatrician will look at more closely.

Which growth chart does my doctor use?

Pediatricians use standardized growth charts appropriate for your baby's age and feeding. Your doctor plots measurements over time to see the overall trend rather than reacting to a single point.

When should I worry about my baby's growth?

Reach out if your baby crosses several percentile lines up or down, is not gaining as expected, has few wet diapers, or seems persistently lethargic. Your pediatrician is the best source of reassurance or next steps.