Birth to 5 Years

If you’re wondering whether your child is bigger, smaller or developing like other kids the same age, here is a benchmark to help you find out.

The values shown below are from the 25th percentile to the 75th percentile for weight and height — meaning that half of children fall within these ranges. A quarter of children fall above these numbers and a quarter of children below them.

WEIGHT IS AS IMPORTANT AS HEIGHT

At each well-child visit, the doctor will weigh and measure your child and tell you his or her height and weight percentiles. Talk with the doctor if you have any concerns about your child’s growth and development.

www.cscpbc.org
3-4 YEARS

- I can go up and down stairs by myself now.
- I can play soccer and throw a ball overhead.
- I can draw a square, a circle and a person with body parts.
- I know some colors and shapes.
- I can sing and rhyme words; I can tell a story using 5- to 6-word sentences.
- I am beginning to tell the difference between fantasy and reality.
- I can learn to say “Please” and “Thank you.”

4-5 YEARS

- I can dress and undress myself.
- I love to climb and swing. Can we go to the park?
- I can probably tell you my name and address.
- I can tell you more colors and numbers, draw more shapes, and recall parts of a story.
- I love to sing, dance, and act! Please watch me!

AVERAGE HEIGHTS

5 YEAR OLD

HEIGHT
BOYS
41.7-44.2 IN
GIRLS
41.3-43.8 IN
2-3 YEARS

- I can walk, run and balance on one foot.
- I love to play pretend. For example, I may try to wear your shoes.
- I love to speak in sentences now, but my favorite words are “NO,” “ME” and “MINE!”
- I like playing with my friends, riding tricycles, drawing, playing memory games and doing puzzles.
- I get upset if my friends want a toy that I am playing with.
- I want to be independent. If I am not allowed, I will probably throw a temper tantrum!

18-24 MONTHS

- Please be patient with me, I am just beginning to learn self-control.
- This is the perfect time to start potty training.
- I understand you better now. For example, I will go get my shoes if I want to play outside.
12-18 MONTHS

- If you give me a ball, I can throw it.
- I can transfer an object from one hand to another.
- I can sit, explore and am curious about objects — known as object permanence. Peek-a-boo is a good game to play with me.
- I love building with blocks for eye/hand coordination.
- I am starting to stand and walk.
- I fear unfamiliar faces — known as separation anxiety.
- I can feed myself.
- I can also turn pages in a book.
- If you ask me to point to my nose, I can do it!
- I like to talk and imitate you.
- I don’t always handle my feelings well.

1 1/2 YEAR OLD

HEIGHT
- BOYS: 31.7-33.1 IN
- GIRLS: 31.0-32.5 IN

WEIGHT
- BOYS: 22.4-26.0 LBS
- GIRLS: 20.8-24.5 LBS

0-12 MONTHS

- I can transfer an object from one hand to another.
- I can sit, explore and am curious about objects — known as object permanence. Peek-a-boo is a good game to play with me.
- I love building with blocks for eye/hand coordination.
- I am starting to stand and walk.
- I fear unfamiliar faces — known as separation anxiety.

1 YEAR OLD

HEIGHT
- BOYS: 29.2-30.5 IN
- GIRLS: 28.5-29.8 IN

WEIGHT
- BOYS: 19.8-22.9 LBS
- GIRLS: 18.2-21.4 LBS

SOURCES: Children’s Services Council of Palm Beach County; World Health Organization for children under age 2; U.S. Centers for Disease Control and Prevention for children age 2 and older.

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