

Video link for Growth of Preschoolers 10:40 minutes

HealthyHomeStyles.com/LifestyleCert/LifeStyleCert-Video-02

Questions? Contact HomeStyles Project Team
at
HSManager@aesop.rutgers.edu

Growth of Preschoolers **HOMESTYLES**



Growth of Preschoolers

- Normal preschooler growth
- Factors affecting growth
- Growth charts



Growth of Preschoolers

- Social growth
- Cognitive growth
- Emotional growth
- Physical growth



Normal Growth: Babies

Birth to 12 months

- Weight triples
- Length increases 50%



Normal Growth: Toddlers

- Age 2: are half of adult height



Normal Growth: Children

2 to 9 Years

- Weight increase $4\frac{1}{2}$ to $6\frac{1}{2}$ pounds each year
- Height increases $2\frac{1}{4}$ to $3\frac{1}{4}$ inches each year

Steady growth



Growth Spurts

- Appetite reflects growth



Growth

- Genetics
- Sleep
- Nutrition



Protein



Vitamins & Minerals



90% of Brain Development



Calories



Calories

- Measure energy in food
- Measure energy used



Calorie Needs

- Age
- Gender
- Amount of Physical Activity

Daily Calorie Needs

- 2 & 3 year olds: 1000 to 1400 calories
- 4 to 8 year old Girls: 1200 to 1800 calories
- 4 to 8 year old Boys: 1200 to 2000 calories

Growth Trends

- Normal growth follows a trend

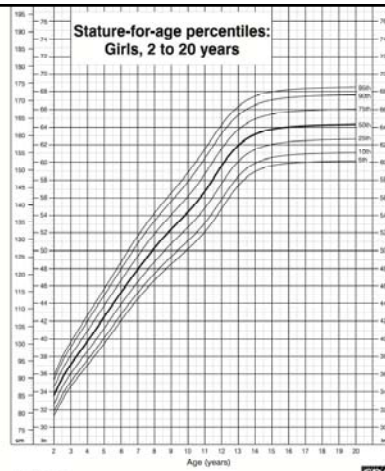


Growth Trends

- Normal growth follows a trend
- Measure height and weight

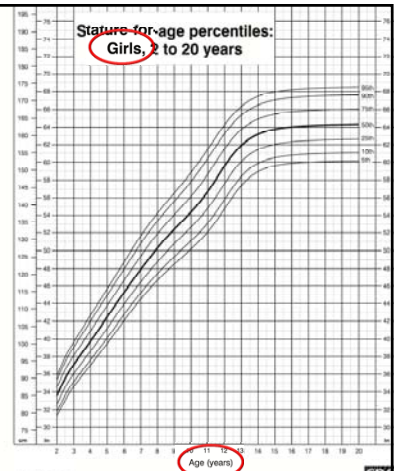


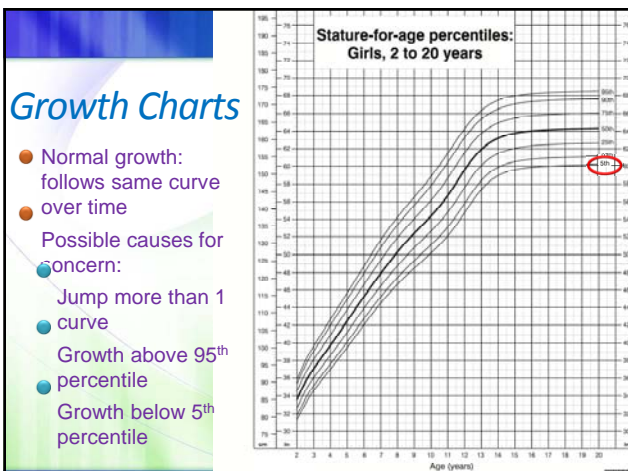
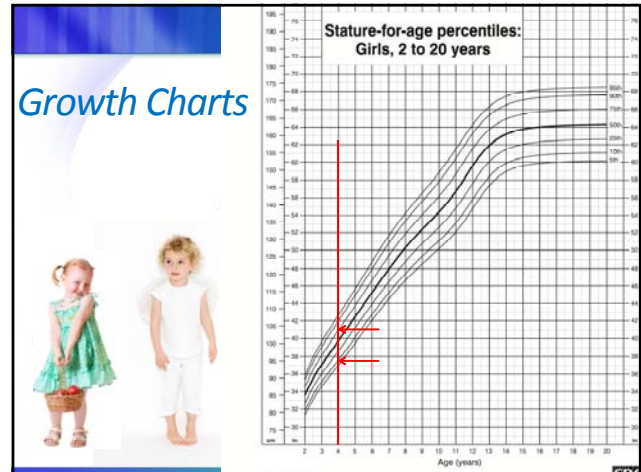
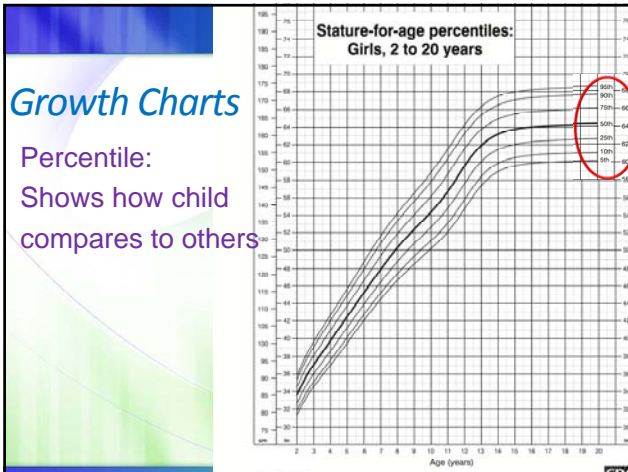
Growth Charts



Growth Charts

- Age
- Gender





BMI

- Overweight: 85th to 94th percentile
- Obese: 95th percentile or higher



High BMI? Lifestyle is key!



Knowledge Check

- What factors affect growth?



Knowledge Check

- How do growth charts help parents determine if growth is normal?



Knowledge Check

- What do experts recommend if a child has a BMI that indicates overweight or obesity?



Quick Survey

Visit this website to complete a short survey!

www.TinyURL.com/HomeStylesSurveyGrowth

It will get you on the way to completing your
*HomeStyles Healthy Lifestyles for
Preschool Families Certificate!*

Acknowledgements

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