
Worried about your child's weight!!

Posted by SaraandOlivia - 2007/11/06 04:56

Don't know about anyone else but I'm abit sick of doctors here telling me my daughter's underweight/overweight/not gaining enough weight but I was very gratefull to find this site with the new WHO growth charts for children. Unlike the ones your doctor shows you here (which are produced by Nestle and using data which is about 30 years old from solely bottle fed babies) they're much more realistic, more up to date and based on breast feeding for atleast the first 6 months).

Do like I do and take them along to your doctors next time they say your child has a problem with his weight/height etc..

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Re:Worried about your child's weight!!

Posted by millnjo - 2007/11/06 15:37

I know what you mean!! One minute they are telling you that you have a little porker the next minute that you can't be feeding them properly! What was the site link by the way?

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Re:Worried about your child's weight!!

Posted by SaraandOlivia - 2007/11/06 16:18

Sorry, put the link in but it didn't appear!!

http://www.who.int/nutrition/media_page/en/

You have to scroll down to the bottom of the page to access the charts they're subdivided into sex and weight and height charts.

There's no under weight or overweight in these charts just above or below average.

Hope you find it useful!

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Re:Worried about your child's weight!!

Posted by mish - 2007/11/21 22:27

This is the one Max's pediatriitian uses, but we've visited 3 others and they all did use different charts. I think it depends on your doctor.

Funny, I've never been told one thing or another in regards to weight, just that he had a big head! LOL

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