

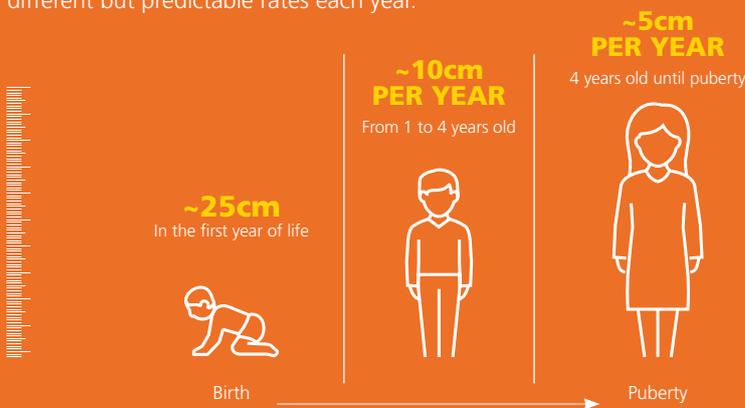
# It's More Than Height, It's Health

Each year, on September 20<sup>th</sup>, the International Coalition of Organisations Supporting Endocrine Patients (ICOSEP) celebrates **Children's Growth Awareness Day**, highlighting importance of tracking their growth.



## YOUR CHILD'S GROWTH IS AN IMPORTANT INDICATOR OF THEIR OVERALL HEALTH AND WELL-BEING.

From the moment they are born until puberty, children would grow with different but predictable rates each year.



In some occasions, a child may seem to be growing at a different pace than their friends / children of same age group. **When something like this catches your attention, it's important to discuss with their paediatrician to ensure your child is developing as they should.**

## SO, WHAT CAN YOU BE DOING TO ENSURE THEY'RE GROWING AS THEY SHOULD?

-  Measure your children's height **regularly and accurately**
-  **Keep an eye on other signs of growth**, including their weight
-  **Talk about your children's growth** with their paediatrician

## MEASURING: HOW TO GET IT RIGHT!

### PREPARE

- Before you measure, make sure that your child has **removed their shoes** and **isn't wearing hair clips / hair ties**

### POSITION CORRECTLY

Ask your child to stand against a wall and check that he or she:

- Has their feet flat on the ground, paired together with their **heels touching the wall** keeps their legs straight, with their bottom and **shoulders against the wall**
- Keeps their **arms loose** by their sides
- Has their **head back against the wall**

### MEASURE AND TRACK

Helping yourself with a ruler, pencil and measuring tape:

- Draw a line across the wall at the top of your child's head
- Record their height **using a measuring tape**
- Repeat this procedure, preferably three times, and average the measurements to obtain a final value
- Track measurements **regularly**

## WHAT'S NEXT?

Bring your measurements and be ready to discuss your child's growth with their paediatrician at your next check-up. By plotting their measurements on a growth chart, you can be confident that your child is growing exactly as they should be!

For more information about healthy growth or other resources to help you track, visit [morethanheight.com](https://morethanheight.com)

