

PEDIATRIC – HEAD TO TOE PEARLS

Growth

- Weight 5-10% weight loss in first 3 days
- 20-30 g daily weight gain
- Regain birth weight by 2 weeks of age
- Birth weight doubles by 6 months and triples by one year

Development

Common Pediatric Developmental Milestones				
6 months	Babbles	Social smile 2 months Roll 4 months Sit by 6-9 months	Finger grasp by 9 months	Stranger anxiety by 9-12 months of age
12 months	Mama, Dada and one word	Walk	Bangs two blocks together	Has favorite things and people
2 years	Two-word sentences	Kicks a ball	Builds a tower of 4 blocks	Parallel play
3 years	Follows instructions of 2 to 3 steps	Pedals a tricycle	Copies a circle	Separates from mom and dad

Age	Weight	Respiratory Rate	Heart Rate	Systolic BP
Preterm	2	55-65	120-180	40-60
Term newborn	3	40-60	90-170	52-92
1 month	4	30-50	110-180	110-180
6 months-1 year	8-10	25-35	120-140	65-125
2-4 years	12-16	20-30	100-110	80-95
5-8 years	18-26	14-20	90-100	90-100
8-12 years	26-50	12-20	60-110	100-110
>12 years	>40	12-16	60-105	100-120

- General parameters
 - Heart rate
 - <60 bpm or > 180 bpm is abnormal
 - Respiratory rate
 - <12 or >60 is abnormal
 - Lower limit of normal SBP (5th percentile)
 - Neonates 60 mm Hg
 - Infants and children 70 mm Hg + (2X age in years)