You may have noticed that we measure your baby’s length when you come in for a check-up. Or you might have heard your baby’s doctor talk about weight-for-length measurements. What are weight-for-length measurements, and why do they matter?

**Weight-for-length measurements help us track your baby’s growth.**
- For babies up to 2 year of age, the best way to determine their growth is to track their weight compared to their length. This process is called weight-for-length measurement.
- We track your baby’s weight and length each time you visit. This lets us see how your baby is growing and gaining weight over time.

**Finding problems now will help us keep your baby healthy in the future.**
- Usually, we are glad to see babies gain weight! This means they are getting bigger and stronger. But weighing too much can lead to health problems as they get older.
- Many kids and teens who are very overweight, first started having problems with their weight when they were babies.
- If your baby is gaining weight too quickly, weight-for-length measurements help us see this early.
- Finding problems now helps us make sure that this doesn’t become a bigger problem later. If needed, we can help you make changes in what your baby eats.