

How to Calculate Standard Weight (according to Age) of your Baby / Child ?									
According to WHO, standard weight calculation is to be done , on the basis of BMI (Body Mass Index)									
For this , measuring the Surface Area of a person (Baby / Child) is required									
This measurement is a bit complex & may not be easy for everyone									
So , to make it easier , I'm presenting an easy formula ***									
AGE (in years)		FORMULA				STANDARD WEIGHT			
1 year -- 5 years		$2 \times (\text{Age in Years} + 5)$							
Example : 1									
Age of child : 3 years		$2 \times (3 + 5) =$				16 Kg			
5 years -- 14 years		$4 \times (\text{Age in Years})$							
Example : 2									
Age of child : 9 years		$4 \times 9 =$				36 Kg			
Please Note : the above formula *** is most appropriate for children of Western / European countries									
For babies / children of Indian and / or Asian origin , you can subtract 3 - 4 Kg from the calculated final weight									
*** National Institute of Health (United States) / *** Australian Retrospective Study (Australia)									