

Girls 2-18 years



Surname

Identification No.

Given Names

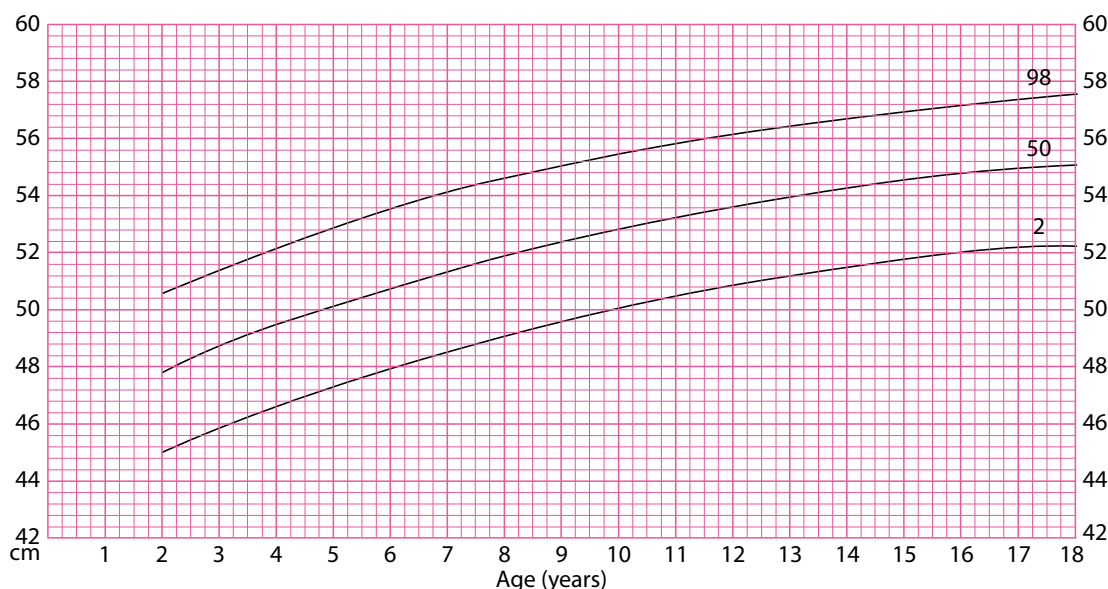
Date of Birth

Endorsed by:



Head Circumference

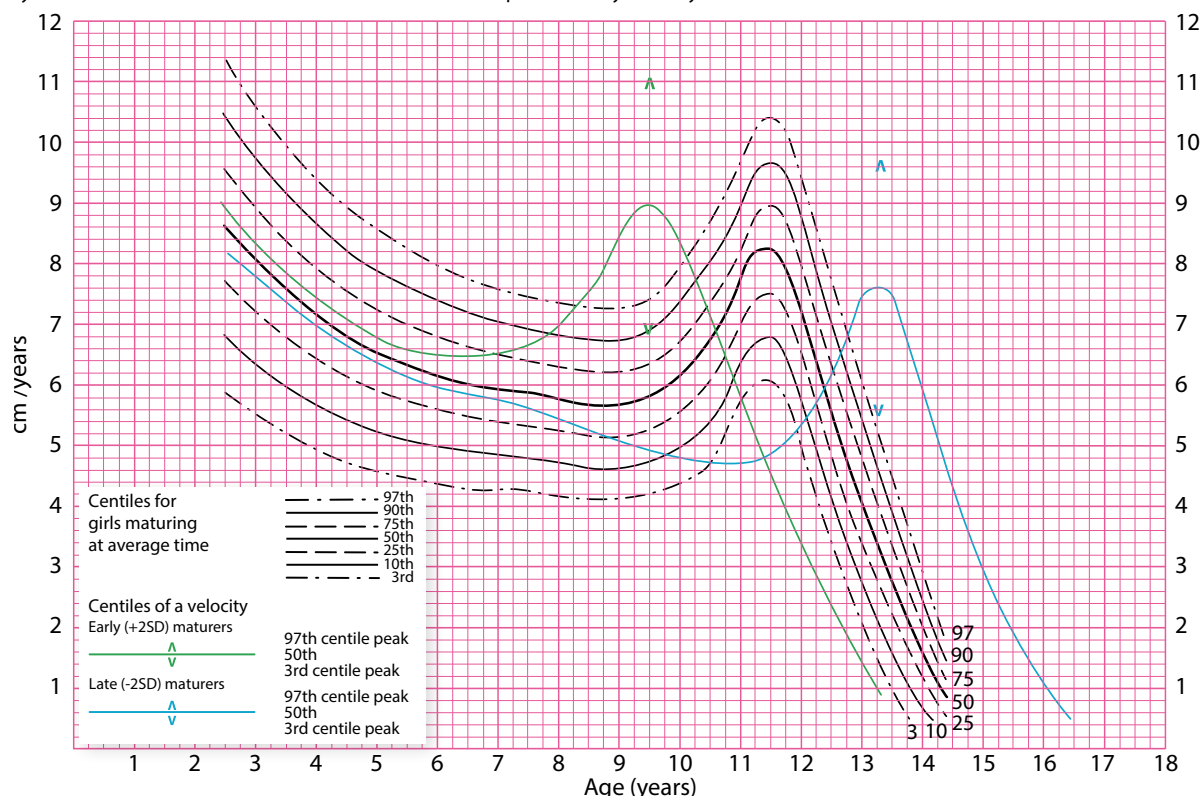
Measuring Technique: The tape should be placed over the eyebrows, above the ears and over the most prominent part of the occiput taking a direct route. A paper tape is preferable to plastic, which stretches unacceptably under tension. The maximum measurement should be recorded to the nearest 0.1 cm.



Adapted from World Health Organization (WHO) head circumference for age chart, and Nellhaus G, *et al.* 1968.^{1,2}

Height Velocity

The standards are appropriate for velocity calculated over a whole year period, not less, since a smaller period requires wider limits (the 3rd and 97th centiles for a whole year being roughly appropriate for the 10th and 90th centiles over six months). The yearly velocity should be plotted at the mid-point of a year. The centiles given in black are appropriate to children of average maturational tempo, who have their peak velocity at the average age for this event. The red line is the 50th centile line for the child who is two years early in maturity and age at peak height velocity, and the green line refers to a child who is 50th centile in velocity but two years late. The arrows mark the 3rd and 97th centiles at peak velocity for early and late maturers.



Adapted from Tanner J, *et al.* 1985.³ © Reproduced by permission of Castlemead Publications.

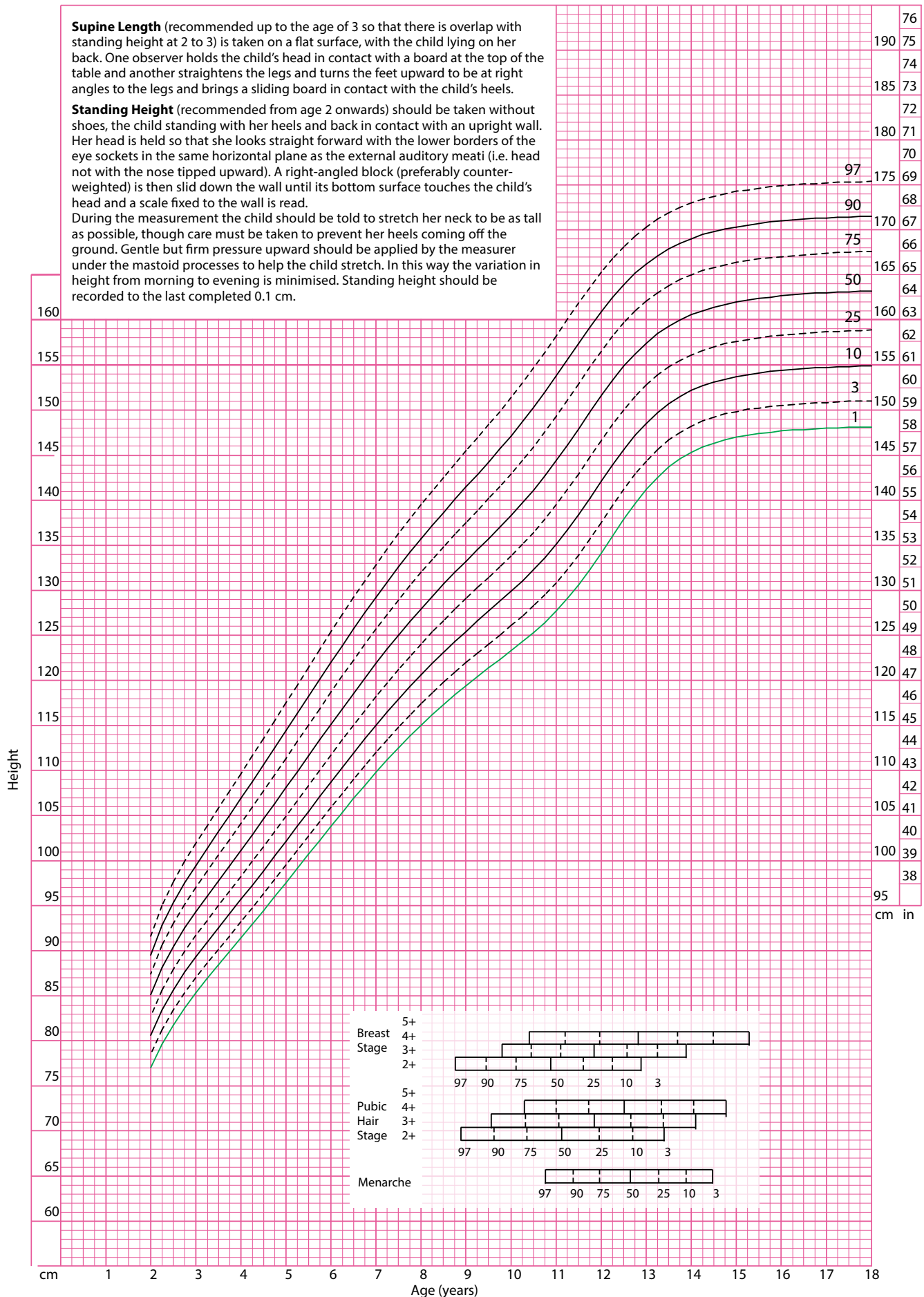
Height Percentile

Mother's Height

Father's Height

Body Surface Area (BSA) Calculation⁶

$$\text{BSA (m}^2\text{)} = \sqrt{\frac{\text{Ht (cm)} \times \text{Wt (kg)}}{3600}}$$



Adapted from CDC stature for age clinical chart, and Tanner J, *et al.* 1985.^{3,4} © Reproduced by permission of Castlemead Publications.

$$C = M [1 + L.S.Z]^{1/L}$$

Where C is the centile required, LMS are those parameters published by CDC and Z is the standard deviation equivalent to the centile required.⁵

1st Centile calculated by Associate Professor Peter Davies, Children's Nutrition Research Centre, Brisbane.

Weight Percentile

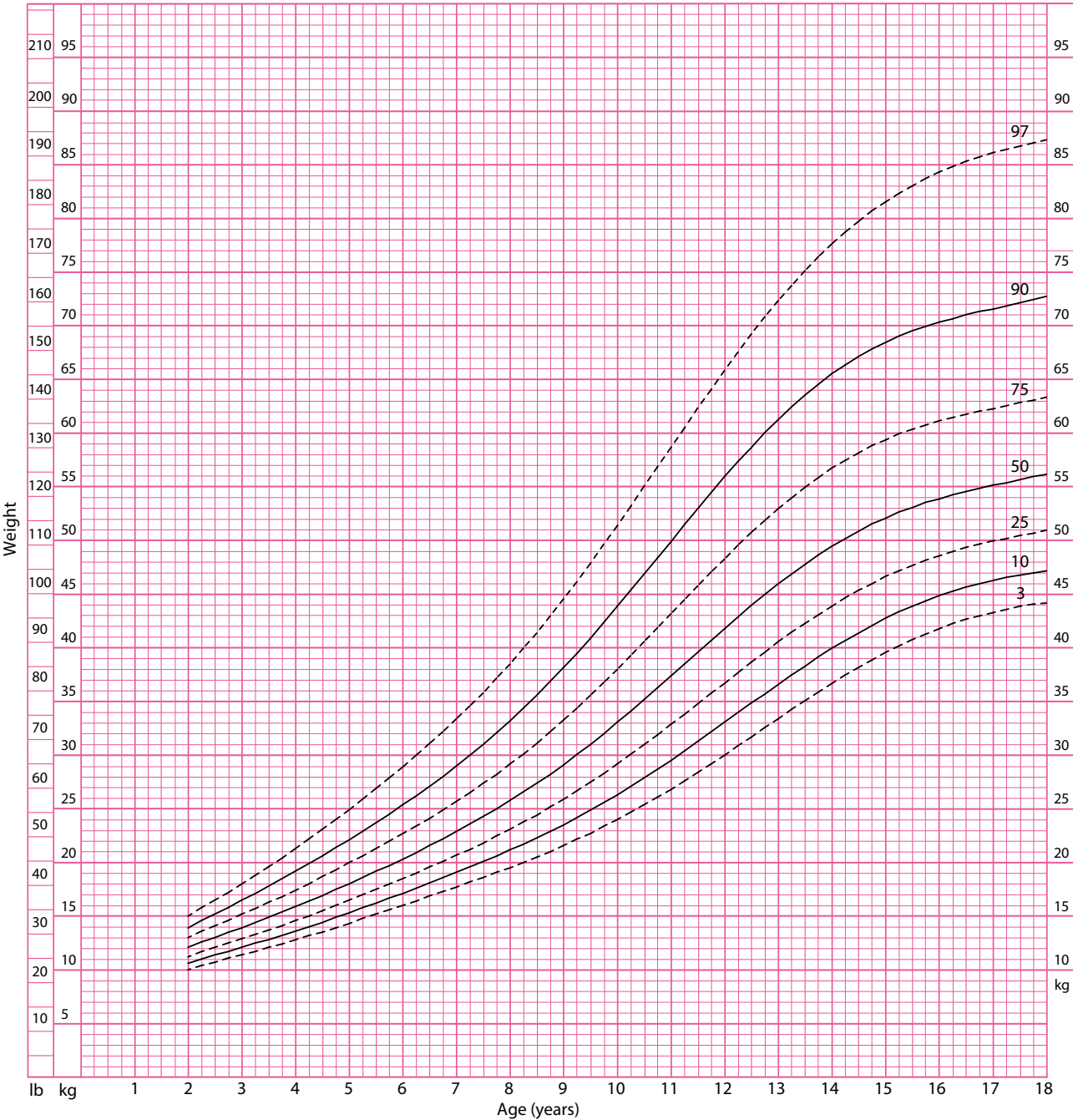
Weight should be taken in the nude, or as near thereto as possible. If a surgical gown or minimum underclothing (vest and pants) is worn, then its estimated weight (about 0.1 kg) must be subtracted before weight is recorded. Weights are conventionally recorded to the last completed 0.1 kg above the age of six months. The bladder should be empty.

Body Mass Index



Adapted from CDC BMI for age clinical chart.⁷

					PUBERTAL STAGES		
DATE	AGE	HEIGHT	WEIGHT	HEAD CIRCUM.	BREAST	PUBIC HAIR	MENARCHE



Adapted from CDC weight for age clinical chart.⁴

Stages of Puberty

Ages of attainment of successive stages of pubertal sexual development are given in the Height Percentile chart.³

The stage Pubic Hair 2+ represents the state of a child who shows the pubic hair appearance stage 2 but not stage 3 (see below).

The centiles for age at which this state is normally seen are given, the 97th centile being considered as the early limit, the 3rd centile as the late limit. The child's puberty stages may be plotted at successive ages.⁸

Pubic Hair Development

Stage 1. Pre-adolescent. The vellus over the pubes is not further developed than that over the abdominal wall, i.e. no pubic hair.

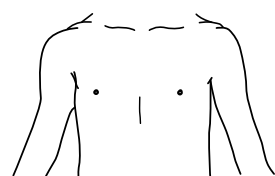
Stage 2. Sparse growth of long, slightly pigmented downy hair, straight or slightly curled, chiefly along labia.

Stage 3. Considerably darker, coarser and more curled. The hair spreads sparsely over the junction of the pubes.

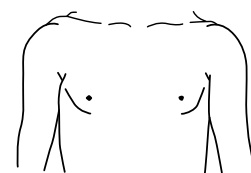
Stage 4. Hair now adult in type, but area covered is still considerably smaller than in the adult. No spread to the medial surface of thighs.

Stage 5. Adult in quantity and type with distribution of the horizontal (or classically 'feminine') pattern. Spread to medial surface of thighs but not up linea alba or elsewhere above the base of the inverse triangle (spread up linea alba occurs late and is rated stage 6).

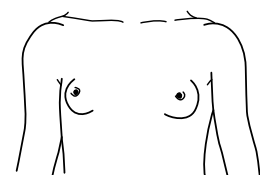
Breast Development Stages



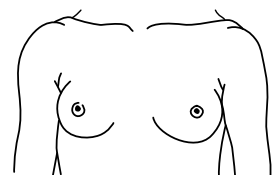
Stage 1. Prepubertal



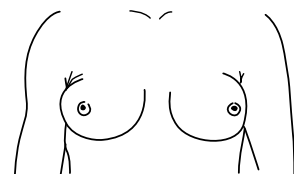
Stage 2. Elevation of breasts and papilla



Stage 3. Further elevation and areola but no separation of contours

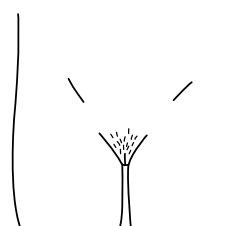


Stage 4. Areola and papilla form a secondary mound above level of the breast

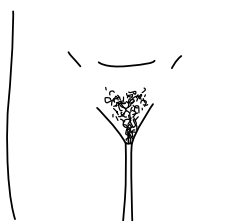


Stage 5. Areola recesses to the general contour of the breast

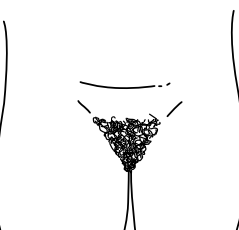
Pubic Hair Stages



Stage 2.



Stage 3.



Stage 4.



Stage 5.

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References: **1.** World Health Organization (WHO). Head circumference for age: Birth to 5 years (percentiles). Girls chart. **2.** Nellahus G. *Pediatrics*. 1968;41:106–14. **3.** Tanner JM and Davies PS. *J Pediatr*. 1985;107:317–329. **4.** U.S. Centres for Disease Control and Prevention (CDC). Stature for age and weight for age (clinical charts with 3rd and 97th percentiles). Girls: 2 to 20 years. **5.** U.S. Centres for Disease Control and Prevention (CDC). Growth chart data files. Available at: <https://www.cdc.gov/growthcharts/cdc-data-files.htm>. Accessed August 2025. **6.** Mosteller RD. *N Engl J Med*. 1987;317:1098. **7.** U.S. Centres for Disease Control and Prevention (CDC). BMI for age (clinical charts with 3rd and 97th percentiles). Girls: 2 to 20 years. **8.** Tanner JM. *Growth at adolescence*, 2nd Ed. Oxford: Blackwell. 1962.

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