

This paper discusses the importance of regular monitoring of individual growth of children and the use of current growth charts in practice.

It also deals with the introduction of graphs that have been constructed on the basis of measured exclusively breastfed healthy children , and the replacement of the current growth charts , constructed on the basis of measuring the population of children in both suckling and artificial nourished .

Graphs for breastfed infants may serve as arguments against the possibility of promoting artificial milk formulas for infants and breastfeeding , which is optimal infant feeding for at least 6 months of age . It is an effort to prevent premature introduction of artificial milk formula and complementary foods among others, as prevention obesity and weight gain in later life .

Regular monitoring of growth using growth charts allows early diagnosis of diseases associated with impaired growth and perhaps even a few years before the clinical onset of the disease , which can prevent possible complications in the course of these diseases.

The aim of the study was to describe the importance of breastfeeding as a natural child nutrition and its physiological growth. It also describes the importance of the proper use and interpretation growth charts in practice , and the need for regular updates of growth for the population.