



儿童人体比例

Proportions of Children's Bodies

儿童的生长规律大体上分为以下 4 个阶段。

The growth law of children is generally divided into the following four stages.

(1) 婴儿(1-3 岁, 为 3-4 头高)。

五官占 $\frac{1}{3}$ 脸部, 腿短而肥胖。颊部丰满圆润, 下额较低, 上唇稍显突出, 小圆鼻, 小耳朵圆厚, 眼大且有神采, 好动。肉体富有脂肪, 出生时平均身高为 50cm, 平均体重为 3 公斤左右。出生后的 2.3 个月内, 身高可增加 10 cm 左右, 对色彩醒目的东西较为敏感。1 岁左右可以简单地模仿, 比如学走路、说话等。

(1) Infants (1-3 years old, 3-4-head height).

The facial features account for $\frac{1}{3}$ of the face, and the legs are short and fat. The cheeks are plump and round, the forehead is low, the upper lip is slightly prominent, the nose is small, the small ears are round and thick, and the eyes are large, expressive, and active. The body is rich in fat, with an average height of 50cm at birth and an average weight of about 3kg. Within 2 and 3 months after birth, the height can increase by about 10 cm, and it is more sensitive to things with eye-catching colors. About 1 year old they can simply imitate, such as learning to walk, talking, etc.

(2) 幼儿 (4—6 岁, 为 5 个头高)。

五官仍占脸部的 $\frac{1}{3}$, 但五官形象比婴儿更为明显, 比婴儿时的腿长得长了一些, 肥胖, 圆圆的肚皮, 身高、体重都有明显的增加。超过 4 岁后, 体重、身高的增加比较固定, 每年体重均增加 1.5 公斤, 身高则增加 5~6cm, 这一时期的儿童智力、体力等发展很快进入唱歌、跳舞、画画、识字的时间。男孩与女孩在性格上也出现了一些差异。

(2) Toddlers (4 to 6 years old, 5-head height).

The facial features still account for $\frac{1}{3}$ of the face, but the facial features are more obvious than babies, with longer legs than babies, with fat, round belly, and their height and



weight have increased significantly. After the age of 4, the increase in weight and height is relatively constant. The average weight increases by 1.5 kg each year, and the height increases by 5[^]-6 cm. Children's intelligence and physical strength during this period will soon enter into singing, dancing, painting, and literacy period. There are also some differences in personality between boys and girls.

(3) 少年（6—12岁，约为6个头高）。

他们较长的腿和手臂，其原有的婴儿脂肪正在逐渐消失，并显露出膝、肘等部位的骨骼及其他成人人体的特点。它是儿童运动机能和智力发展显著的时期。生活范围从幼儿园、家庭转到学校，学习成为生活的中心。男女的性格、体型差异也日益明显。

(3) Juvenile (6 to 12 years old, 6-head height).

They have longer legs and arms, and in their original baby fat is gradually disappearing, revealing bones such as knees, elbows, and other characteristics of the adult body. It is a period of remarkable motor and intellectual development in children. The scope of life shifts from kindergartens and families to schools, learning to become the center of life. The differences in personality and body shape between men and women are also becoming more and more obvious.

(4) 青少年（13—17岁，约为7.5个头高）。

在比例上，他们修长的腿和身材已趋于成年人，也称为中学阶段。骨骼上的变化也显而易见。开始由于生理的明显变化，心理上很注重自身的发育，情绪容易波动，喜欢表现自我，女性较同年儿童成熟期早，此阶段注意着装打扮，喜怒哀乐较为明显。

(4) Teenagers (13 to 17 years old, 7.5-head height).

In proportion, their slender legs and stature have tended to adulthood, also known as the middle school stage. Skeletal changes are also evident. At first, due to the obvious changes in physiology, psychologically, they attach great importance to their own development, their emotions are easily fluctuated, and they like to express themselves. Women mature earlier than children of the same age. At this stage, they pay attention to dressing up, and their emotions are more obvious.