

## Vital Signs in Children

Normal Heart Rates (per Minute) by Age				Normal Respiratory Rates by Age	
Age	Awake Rate	Mean	Sleep Rate	Age	Breaths/Min
0 - 3 months	85 to 205	140	80 to 160	Infant (<1 yr)	30 to 60
3 months - 2 yrs	100 to 190	130	75 to 160	Toddler (1 to 3 yrs)	24 to 40
2 yrs - 10 yrs	60 to 140	80	60 to 90	Preschooler (4 to 5 yrs)	22 to 34
>10 yrs	60 to 100	75	50 to 90	School age (6 to 12 yrs)	18 to 30
				Youth (13 to 18 yrs)	12 to 16



Provided by the EMSC Resource Center of Minnesota  
[www.emscmn.org](http://www.emscmn.org) • 800.660.7022  
 Information according to the American Heart Association & American Academy of Pediatrics

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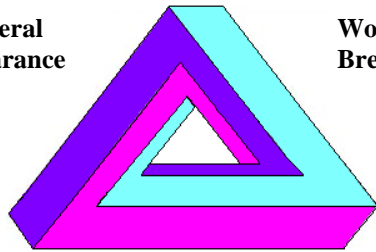
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**General Appearance**



**Work of Breathing**

**Circulation to Skin**

**General Appearance**

**Normal:** Normal cry or speech, responds to parents or stimuli, moves extremities well  
**Abnormal:** Inconsolable, abnormal or absent cry or speech, decreased response to parents or stimuli, floppy or rigid muscle tone or no movement

**Work of Breathing**

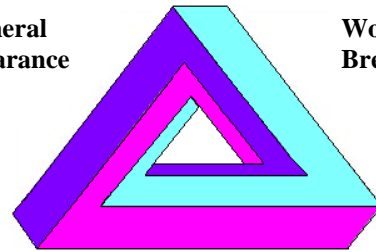
**Normal:** Easy, quiet respirations, normal rate, no central cyanosis  
**Abnormal:** Retractions, nasal flaring, stridor, wheezes, grunting, gasping or gurgling, abnormal rate, central cyanosis

**Circulation to Skin**

**Normal:** Warm, normal color, dry, capillary refill  $\leq 2$  seconds, strong, regular central and peripheral pulses  
**Abnormal:** Cyanosis, mottling, pallor, petechiae / purpura, weak central pulse, absent peripheral pulse, capillary refill  $> 2$  seconds

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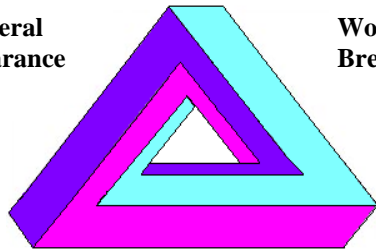
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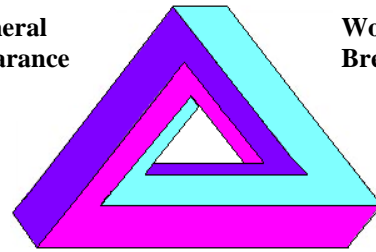
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