

Vital Signs in Children

Normal Heart Rates (per Minute) by Age

Age	Awake Rate	Mean	Sleep Rate
0 - 3 months	85 to 205	140	80 to 160
3 months - 2 yrs	100 to 190	130	75 to 160
2 yrs - 10 yrs	60 to 140	80	60 to 90
>10 yrs	60 to 100	75	50 to 90

Normal Respiratory Rates by Age

Age	Breaths/Min
Infant (<1 yr)	30 to 60
Toddler (1 to 3 yrs)	24 to 40
Preschooler (4 to 5 yrs)	22 to 34
School age (6 to 12 yrs)	18 to 30
Youth (13 to 18 yrs)	12 to 16

Pediatric Assessment Triangle

**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 ≤ 2 seconds, strong, regular central and peripheral pulses

Abnormal: Cyanosis, mottling, pallor, petechia /purpura, weak central pulse, absent peripheral pulse, capillary refill > 2 seconds