

# Children's Vital Signs

Nursing

Why children's normal ranges shift with age, and what an outlier means.

*Approximate resting ranges. Sources and local charts differ; use your own.*

| Age           | Pulse per min | Breaths per min |
|---------------|---------------|-----------------|
| Under 1 year  | 110–160       | 30–40           |
| 1–2 years     | 100–150       | 25–35           |
| 2–5 years     | 95–140        | 25–30           |
| 5–12 years    | 80–120        | 20–25           |
| Over 12 years | 60–100        | 15–20           |

Educational reference. Approximate figures only; crying and fever raise them. Blood pressure falls late in children — use your local paediatric