

Average Stats for Children in DnD

Movement speed: Same as parent race (*Human children run about 11km/h¹, which in feet per second is about 10ft/s. If we take “running” to mean the Dash action, that would mean that over the course of one 6 second round, the child would run 60ft. Half that for their walking speed, and look at that! Same as human adult walking speed. Apply to all races, and you’re good!*

¹<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2231007/> , Table 2)

Weight: Use the following table to determine your weight. You may either choose from within the range, or roll to get a randomized weight. (PHB races here, MotM races TBD):

Race	Lower end of weight range in lbs	Higher end of weight range in lbs	Rolled weight in lbs
Dragonborn	$8\frac{1}{2} * \text{age} + 17$	$17 * \text{age} + 17$	$(8\frac{1}{2} * \text{age})d2 + 17$
Dwarf	$4\frac{1}{4} * \text{age} + 9\frac{1}{2}$	$9\frac{1}{2} * \text{age} + 9\frac{1}{2}$	$(4\frac{1}{4} * \text{age})d2 + 9\frac{1}{2}$
Elf	$3\frac{1}{2} * \text{age} + 7\frac{1}{8}$	$7\frac{1}{8} * \text{age} + 7\frac{1}{8}$	$(3\frac{1}{2} * \text{age})d2 + 7\frac{1}{8}$
Gnome	$1\frac{1}{4} * \text{age} + 2\frac{1}{2}$	$2\frac{1}{2} * \text{age} + 2\frac{1}{2}$	$(1\frac{1}{4} * \text{age})d2 + 2\frac{1}{2}$
Halfling	$1\frac{1}{4} * \text{age} + 2\frac{1}{2}$	$2\frac{1}{2} * \text{age} + 2\frac{1}{2}$	$(1\frac{1}{4} * \text{age})d2 + 2\frac{1}{2}$
Human	$5 * \text{age} + 10$	$10 * \text{age} + 10$	$(5 * \text{age})d2 + 10$
Tiefling	$4\frac{1}{2} * \text{age} + 9\frac{1}{8}$	$9\frac{1}{8} * \text{age} + 9\frac{1}{8}$	$(4\frac{1}{2} * \text{age})d2 + 9\frac{1}{8}$

(Adult humans in DnD are defined as having a weight range of 125lbs to 250lbs. Human children have varying weights depending on age², with the lower end of the range in lbs being approx. $(r/2)x+r$ and the upper end of the range in lbs being approx. $rx+r$ where x =age in years, and $r=10$. If we apply this equation to a 24 year old human adult, its weight range becomes 130lbs to 250lbs: nearly the same as the adult human weight range given. Using this as a base, we can take different values of r to be different rates of weight gain before physical maturity for that race. The values of r chosen for the table above are based on the writer’s opinion of what fit best considering the weight of adults of the corresponding race.

²<https://fpnotebook.com/Endo/Exam/WghtMsrmtlnChldrn.htm> , using IV and V as data)

Height: Use the following table to determine your height. You may either choose from within the range, or roll to get a randomized weight. Their height is the same as their parent race at % of their parent race’s age of physical maturity. (PHB races here, MotM races TBD):

Race	Lower end of height range in inches	Higher end of height range in inches	Rolled height in inches
Dragonborn	$(2\frac{2}{3} * \text{age}) + 33$	$(4 * \text{age}) + 33$	$((\text{age})d2 + \text{age}) * 1\frac{1}{3} + 33$
Dwarf	$(1\frac{1}{3} * \text{age}) + 26$	$(2 * \text{age}) + 26$	$((\text{age})d2 + \text{age}) / 1\frac{1}{2} + 26$
Elf	$(2 * \text{age}) + 28$	$(3 * \text{age}) + 28$	$(\text{age})d2 + \text{age} + 28$
Gnome	$\text{age} + 21$	$(1\frac{1}{2} * \text{age}) + 21$	$((\text{age})d2 + \text{age}) / 2 + 21$
Halfling	$\text{age} + 17$	$(1\frac{1}{2} * \text{age}) + 17$	$((\text{age})d2 + \text{age}) / 2 + 17$
Human	$(2 * \text{age}) + 30$	$(3 * \text{age}) + 30$	$(\text{age})d2 + \text{age} + 30$
Tiefling	$(2 * \text{age}) + 29$	$(3 * \text{age}) + 29$	$(\text{age})d2 + \text{age} + 29$

Note: A “Small” creature is considered to be between 2’ and 4’ tall.

(Adult humans in DnD are defined as having a height range of 5' to "a little over" 6'. Human children have varying heights depending on age³, with the lower end of the range in inches being approx. $(\frac{2}{3}r)x+30$, and the higher end of the range in inches being approx. $(r)x+30$, where x is the child's age, and $r=3$. If we apply this equation to a 15-year old human, we get a range of 5' to 6'3": nearly the same as the height range given. This is why I applied the % of physical maturity rule. Using this as a base, we can take different values of r to be different rates of height gain before % physical maturity for that race. The values of r chosen for the table above are based on the writer's opinion of what fit best considering the weight of adults of the corresponding race.

³<https://fpnotebook.com/Endo/Exam/HghtMsrmntInChldrn.htm> , using VI and VII as data)

Progress Towards Physical Maturity	Average Strength Ability Score
5%	0-1
10%	1
15%	1-2
20%	2
25%	2-3
30%	3
35%	3-4
40%	4
45%	4-5
50%	5
55%	5-6
60%	6
65%	6-7
70%	7
75%	7-8
80%	8
85%	8-9
90%	9
95%	9-10
100%	10

Strength: Use the table to the left. When a range is given between two numbers, you may choose between them. Then, you may add or subtract 1 or 2 from the ability score, depending on if the child in question is particularly strong or weak.

(Average strength in DnD is considered a score of 10. The average human adult plank time is approx. 100 seconds. The average plank time in children is approx. $\frac{2}{3}r*x+10$ on the low end, and $r*x+10$ on the high end, where x =age in years, and $r=6$. Note the following: On the high end, children reach the average adult plank time at 15 years old, while on the low end, they reach it at 18 years old. Note as well that a child, aged 0, would have an (approximate) plank time of 10 seconds. Using this as a base for strength, we can determine that dividing the number of seconds by 10 gives us the strength ability score of the average child. After plotting this, I realized that it had a pattern that could be simplified and easily applied to all races, as seen on the table
Data: <https://digitalcommons.linfield.edu/symposium/2014/all/8/>
<https://digitalcommons.wku.edu/ijesab/vol8/iss2/14/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4768737/>)

Dexterity: Use the table to the right. When a range is given between two numbers, you may choose between them. Then, you may add or subtract 1 or 2 from the ability score, depending on if the child in question is particularly dexterous or not. (Average dexterity in DnD is considered a score of 10. The Purdue Pegboard Test is a test meant to measure dexterity. The average human adult Purdue Pegboard Test score is about 15 for non-assemblies, and about 40 for assemblies. The average human child would be split into two groups: the first, from ages 5-10.9 years old, scored approx. $age+3.5$ on non-assemblies, and $3*age$ on assemblies. The second, from ages 11-15.9 years old, scored approx. $\frac{1}{5}*age+11.5$ on non-assemblies, and $\frac{3}{5}*age+27$ on assemblies. This indicates a stagnation of the development of dexterity

at a certain age, which I later calculated to be approx. 60% of maturity. I then adapted these results into the pre-established percentage system to get to the results on the table to the right. Data:

<https://www.limef.com/downloads/man-32020a-forpdf-rev0.pdf>

Progress Towards Physical Maturity	Average Dexterity Ability Score
5%	1
10%	2
15%	2-3
20%	3-4
25%	4-5
30%	5
35%	5-6
40%	6-7
45%	7-8
50%	8
55%	8-9
60%	8-9
65%	8-9
70%	9
75%	9
80%	9
85%	9-10
90%	9-10
95%	9-10
100%	10

Constitution: Use the table to the right. When a range is given between two numbers, you may choose between them. Then, you may add or subtract 1 or 2 from the ability score, depending on if the child in question is particularly healthy or frail. **(Related) Hit Dice:** Whenever a hit die is used on you to recover HP, double the amount of HP you recover. If your character is at 65% physical maturity or more, refer to your DM for determining if this bonus should be decreased or simply not applied. *(This one was tricky. In my search, there was never really a direct source or study, just a variety of articles with suppositions or anecdotal evidence. However, the general consensus of them was this: Children recover from injury at about twice the rate that adults do. Since I don't have direct data for exactly what rate and at what ages this changes, I have based it on what I have personally observed. If anyone can find direct data to base this stat on, please contact me and I will update this accordingly.)*

Progress Towards Physical Maturity	Average Constitution Ability Score
5%	20-19
10%	19
15%	19-18
20%	18
25%	18-17
30%	17
35%	17-16
40%	16
45%	16-15
50%	15
55%	15-14
60%	14
65%	14-13
70%	13
75%	13-12
80%	12
85%	12-11
90%	11
95%	11-10
100%	10

Progress Towards Physical Maturity	Average Wisdom Ability Score
5%	0-1
10%	1
15%	1-2
20%	2
25%	2-3
30%	3
35%	3-4
40%	4
45%	4-5
50%	5
55%	5-6
60%	6
65%	6-7
70%	7
75%	7-8
80%	8
85%	8-9
90%	9
95%	9-10
100%	10

Intelligence: Set your Intelligence Ability Score to 10. Then, you may add or subtract 1 or 2 from the ability score, depending on if the child in question is particularly bright or dull. *(Average Intelligence in DnD is considered a score of 10. IQ tests, regardless of age, have the average score set to 100. This is because, among other things, IQ represents a capacity to learn, and not necessarily the amount of gathered information, know-how, etc; That is generally reserved for the Wisdom stat. Info: https://en.wikipedia.org/wiki/IQ_classification)*

Wisdom: Use the table to the left. When a range is given between two numbers, you may choose between them. Then, you may add or subtract 1 or 2 from the ability score, depending on if the child in question is particularly wise or unwise. *(This one is arbitrary. It's hard to pin down exact statistics for gathered information and know-how in children. Obviously, they start with none at birth, and reach the average at maturity. What's in-between is hard to pin down. Are there certain ages at which children gather information faster, and then stagnate? Or is it linear growth? For simplicity, I chose the latter as a placeholder. If anyone can find direct data to base this stat on, please contact me and I will update this accordingly.)*

Charisma: Calculated later. *(Charisma in children tends to be related to their other types of intelligence, represented in DnD by the Intelligence and Wisdom stats. Therefore, it should be calculated in accordance with those stats once they have been finalised. Info: <https://techniumscience.com/index.php/sustainability/article/view/7378>)*

Calculating Child Character Ability Scores (Using the Point Buy Method)

First, use the tables above to get your starting average ability scores for Strength, Dexterity, Constitution, Intelligence, and Wisdom. As an example, I will use a character I'm making to represent my nephew. He's 4½ years old, so I will use the 25% of maturity option for determining his starting stats. He's a bit of a rough-houser, so I'll make his Strength and Dexterity on a bit of the higher end for his age; 4 in Strength, and 6 in Dexterity. (25% maturity for Strength is 2-3, so I choose 3, and choose to add 1 to the score on top of that for a total of 4. 25% maturity for Dexterity is 4-5, so I choose 5, and choose to add 1 to the score on top of that for a total of 6.) He gets sick more frequently than other kids, and takes a bit longer to recover from sickness, so I'll make his Constitution on a bit of the low end for his age, for a Constitution Ability Score of 16. (25% maturity for Constitution is 18-17, so I choose 17, and choose to subtract 1 for a total of 16.) I'll keep his Intelligence average, at 10. And finally, for Wisdom, well, he's been able to go to pre-school and has had plenty of extra education sources, so I'll put that on a bit of the high end as well, for a Wisdom score of 4. (25% maturity for Wisdom is 2-3, so I choose 3, and choose to add 1 to the score on top of that for a total of 4.)

My Nephew's Average Stats: STR: -3 (4) DEX: -2 (6) CON: +3 (16) INT: 0 (10) WIS: -3 (4)

Second, take these stats and calculate the average. $(4+6+16+10+4=40, 40/5=8)$. My average was 8, which was pretty lucky, considering that for Point Buy, *all of your stats start at 8*. If your average deviates from 8, do the following: 1) Add all of your Ability Scores together. 2) Subtract the result from 40. 3) Note the resulting number.

Third, do an adjusted Point Buy: Instead of starting with all stats at 8, start with them at your average stat values. Then, add your ability score increases from your chosen race. If your average from the second step deviated from 8, take the number you noted and add it to your points for point buy. Then, add points to Intelligence and Wisdom as desired. Once you have finalized them, *calculate the average between them to determine your Charisma score*. If it deviates from 8, then do the following: 1) Subtract the score from 8 2) Add the resulting number to your points. Finally, add points to all stats other than Intelligence and Wisdom as desired.

Answers to anticipated questions:

Q: Why would you put children into DnD?

A: Usually, to flesh out a world. If you want to run a combat where you have to rescue child NPCs from a monster attack, you'd use this. If a player is being mind controlled by something evil and you want to make them do something tragic and unforgivable, you could use this. Then there's escorting a family that's moving to a new village, making players think twice when they think about slaughtering another race considered to be monstrous... you get the picture.

Q: Alright, but why would you make a player character that's a child in DnD? Wouldn't that be like throwing a child into a battlefield?

A: Well, it depends on your campaign. Could be something similar to Wardlings, where children seem to just be using their imagination, but it's actually real. Could be something similar to the game Blue Reflection, where school-children's extreme emotions manifest as monsters, and the children change into a different form to fight them off, which manifests as a DnD character. And, while it would have to be something you discuss with your play group, you could run a child character in a generic campaign who has a backstory that gives them powers. This works

particularly well with the Sorcerer and Warlock classes, as they are granted these powers by another being. Cleric works similarly, though this also requires that the child has a reason to worship a god. This could be a tragic backstory, where the child has nothing else to rely on and makes a deal with someone out of desperation. It could also be an ill-advised form of parenting, with their parent being the one granting them their powers. (And yes, that means your character can be a demigod.) This would then lead to at least one member of the rest of the party having some reason to look after them. Maybe they get their power from the same source, and the patron is having them look after the child. Maybe they're the spouse of the patron, and they're trying to raise a child while on the road as an adventurer. Maybe it's an apocalyptic setting, and times are desperate, so if a kid can fight, they're not gonna question it. You get the picture. Of course if you're not comfortable with a child character in your campaign, tell your DM! Making sure all players are comfortable with the setting is part of the DM's job.

Q: Why do you use an average of 8 for point buy? Isn't point buy more complex?

A: Yes, but I decided it was best to keep it simple. With the stats increasing and decreasing with age, I figure it'll balance out. Of course, feel free to use a different system if you'd like! These are just the guidelines I'm using myself, and felt that it might be good to share. I had to develop this entire thing myself after seeing the generally inconclusive consensus within the DnD community on the subject.

Q: Can I steal this?

A: I would prefer it if you credited me, but yes, you can steal it, use it for a campaign, adjust it for your own purposes, and iterate upon it. I recognise I'm just a small part of a much larger community, and the minds of many are greater than the mind of one. There's a reason we form parties, isn't there?

Q: Who are you?

A: I'm Katharosa! I go by K, Katie, Rosa, and hell if you come up with a good nickname I'll let ya use it. I'm a novice DM, having only run a handful of campaigns, partially because I always handcraft the world, lore, NPCs, and all that. I usually run a high fantasy, low-tech setting. I also like other TTRPGs, namely Monster of the Week, but I've been itching to play Cyberpunk Red as well.

Q: Why'd you make this?

A: I'm running an Isekai-like campaign, where people I know are transported into the DnD world. Hence, my nephew needing to be statted so that he could be added. I'm thinking of making him a goblin sorcerer-! There's more to it, but in case my players see this, I don't want to spoil too much.

And with that, I bid you all farewell. May your hits be critical, and your throws ever saving.

-K