

## MEASURING YOUR CHILD AT HOME

### Supplies needed:

1. Hard book that is bigger than the child's head
2. non-stretchable measuring tape
3. pencil or pen
4. paper
5. tape
6. levelling tool (iPhone/Android have levelling apps)
7. weight scale



### Standing height:

Find a wall that you can place a mark for your child's measurement

- Measure your child without shoes!
- Have your child stand with his/her back against the wall
- Feet flat and together, facing forward, heels, buttocks, shoulders and back of the head should be in contact with the wall
- Tape the piece of paper behind their head to prevent writing on the wall
- Gently straighten your child so their body is in alignment (no hips or tummies sticking out)
- Gently lift your child's chin so their eyes facing straight ahead
- Place the book on top of your child's head and place the levelling tool on top of the book to ensure it is straight
- Draw a line under the book where it meets the wall to mark off the height
- Have child step away and measure from floor to the line in centimeters (cm)
- Repeat this entire process and see if you get the same number, if not repeat one more time and record the middle number
- Write down the numbers to share with your clinic

### Weight

- Zero the weight scale
- Weigh your child in light clothing
- Record the weight in kilograms (kg) to share with your clinic
- **NOTE:** if your scale does not measure in kg, note it in pounds

