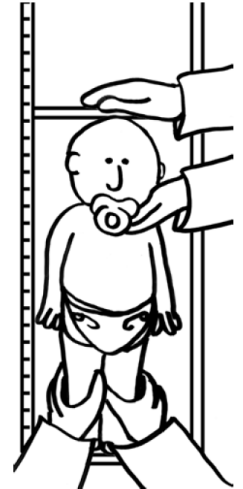


MEASURING YOUR BABY OR INFANT AT HOME

Supplies needed:

1. hardcover book that is bigger than the baby's head
2. non-stretchable measuring tape
3. pencil or pen
4. paper and tape
5. soft blanket to lay on (just up to where the head touches the floor)
6. weight scale
7. a helper (2-person job)



Supine (lying down) length:

Find a flat surface (floor with a wall) where you can mark your baby's/infant's measurement

- Remove your child's shoes/booties prior to measuring
- Have your baby lay on the floor with his/her feet flat against the wall
- Feet flat and together, knees and legs straight, eyes looking straight up to the ceiling above
- Tape the piece of paper behind their head to prevent writing on the floor
- Gently straighten your baby so their body is in alignment (no hips or backs curved)
- Gently lift your baby's chin so their head is perpendicular to the floor, looking straight up
- Slide the book on the floor along its long edge to the top of your baby's head (2-person job)
- Mark a line on the paper on the side of the book that touches your baby's head
-
- Pick up your baby and measure from the wall to the line on the floor 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
- Stand on your weight scale holding your infant/baby (naked or in a dry diaper)
- Record the weight in kilograms (kg)
- Weigh yourself in kg and subtract this weight from the weight + baby
- Record the difference which is the weight (in kg) of your baby to share with your clinic
- **NOTE:** if your scale does not measure in kg, note it in pounds

Head circumference:

- Get your measuring tape and your helper
- One person holds baby and secures arms (baby will likely grab at the tape)
- Other person measure baby's head around the biggest part of the back of the head to just above the eyebrows
- Write down the measurement in centimeters to share with your clinic

