

# Measuring Length

## Infants: Birth - 2 years

### Step 1 – Dress Code

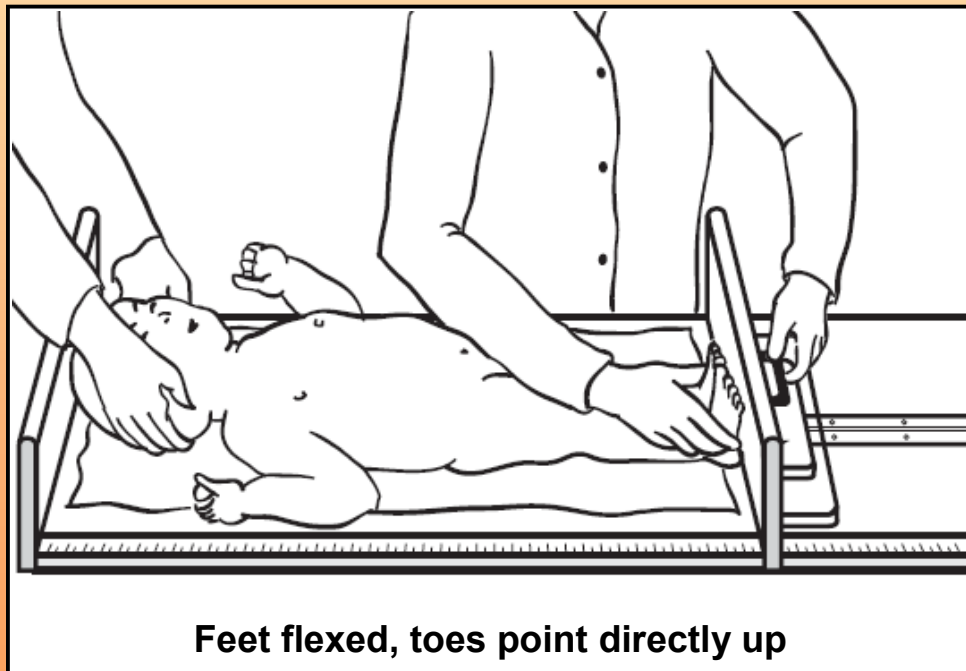
Measure infant wearing underclothing or clean diaper. No shoes!

### Step 2 – Child Positioning is Crucial!

Two people perform measurement:

**Caregiver**  
holds head firmly  
against head board

**Staff**  
Straightens and holds knees and hips,  
then moves footboard  
until it rests firmly against heels



### Step 3 – Read and Document the Measurements

Read measurement to nearest 1/8 inch (0.1 cm) and write it down.

For more information on accurately measuring infants, children and adolescents,  
visit [www.dhcs.ca.gov/services/chdp/](http://www.dhcs.ca.gov/services/chdp/) > Support and Educational Materials.

Illustration © Nutrition Interventions for Children with Special Health Care Needs, Third Edition. Yang Y, Lucas B, Feucht S, editors.  
Washington State Department of Health, Olympia, WA. April 2010. Used with permission.

# Measuring Weight

## Infants: Birth - 2 years

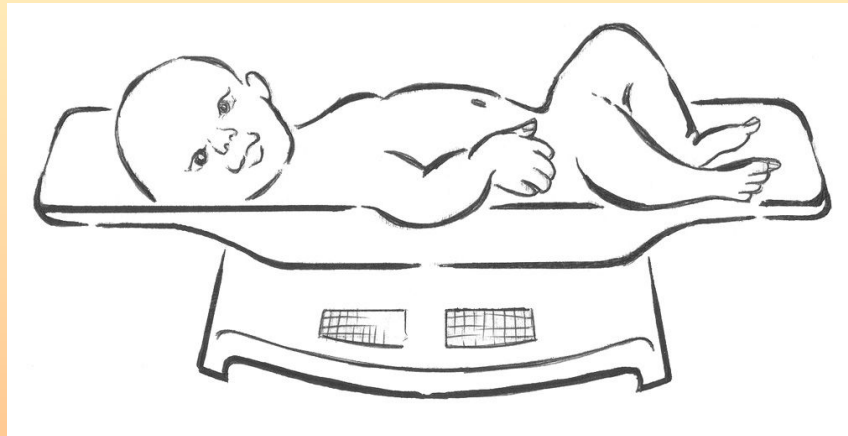
### Step 1 – Dress Code

Weigh infant wearing light underclothing or a clean dry diaper.

### Step 2 – Center Child on Scale

Balance and zero the scale including the paper drape

Place infant on the center of the scale platform



#### Respect Privacy

Provide a private area for:

- Clothing removal
- Taking and discussing measurements



#### Alternate Weighing Method

- 1) Weigh both caregiver and child
- 2) Weigh caregiver alone
- 3) Subtract caregiver's weight from the combined weight

### Step 3 – Read and Document the Measurements

Read measurement to nearest 1/2 ounce (0.01 kg) and write it down.

Conversion Chart

| Fraction | Ounces | Decimal |
|----------|--------|---------|
| 1/8      | 2      | .125    |
| 1/4      | 4      | .25     |
| 3/8      | 6      | .375    |
| 1/2      | 8      | .5      |
| 5/8      | 10     | .625    |
| 3/4      | 12     | .75     |
| 7/8      | 14     | .875    |

For more information on accurately measuring infants, children and adolescents, visit [www.dhcs.ca.gov/services/chdp/](http://www.dhcs.ca.gov/services/chdp/).

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# Measuring Stature

## Children and Adolescents: 2 - 20 years

### Step 1 – Dress Code

Remove bulky outer clothing (jackets, hat and shoes) and second layers.

### Step 2 – Positioning is Crucial

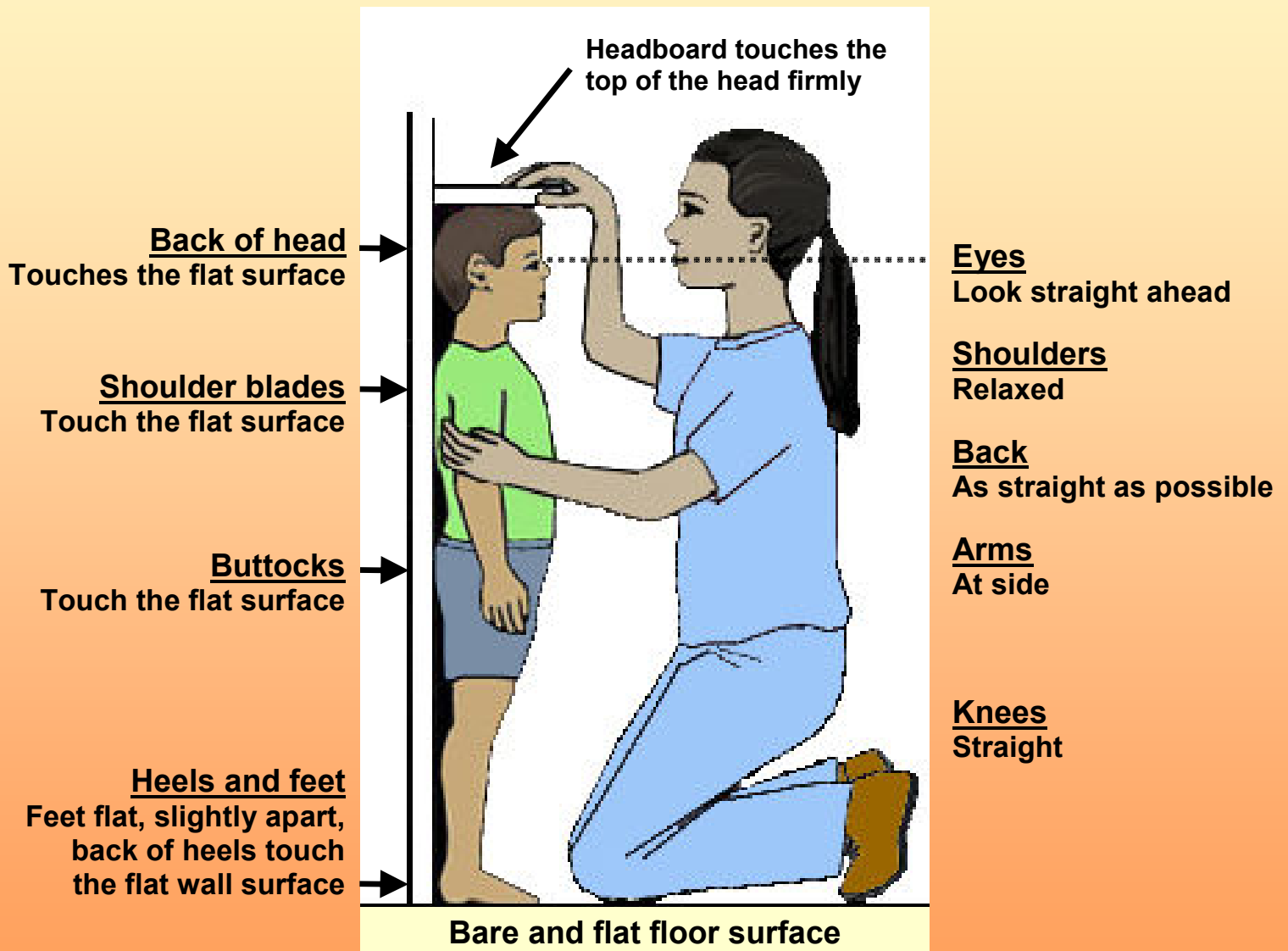


Illustration adapted from: Measuring Children's Height and Weight Accurately At Home.  
2011. [www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/measuring\\_children.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/measuring_children.html)

### Step 3 – Read and Document the Measurements

Read measurement to nearest 1/8 inch (0.1 cm) and write it down.

For more information on accurately measuring infants, children and adolescents,  
visit [www.dhcs.ca.gov/services/chdpl/](http://www.dhcs.ca.gov/services/chdpl/) > Support and Educational Materials.

# Measuring Weight

## Children and Adolescents: 2 - 20 years

### Step 1 – Dress Code

Remove bulky outer clothing (jackets, hat and shoes).  
If a diaper is used, be sure it is clean and dry.

### Step 2 – Center Child on Scale

Before child steps on platform, balance and zero the scale

Ask child to stand on center of scale platform with heels slightly apart



#### Respect Privacy

Provide a private area for:

- Clothing removal (provide gown if needed)
- Taking and discussing measurements



#### Alternate Weighing Method

- 1) Weigh both caregiver and child
- 2) Weigh caregiver alone
- 3) Subtract caregiver's weight from the combined weight

### Step 3 – Read and Document the Measurements

Read measurement to nearest 1/4 lb (0.1 kg) and write it down.

Conversion Chart

| Fraction | Ounces | Decimal |
|----------|--------|---------|
| 1/8      | 2      | .125    |
| 1/4      | 4      | .25     |
| 3/8      | 6      | .375    |
| 1/2      | 8      | .5      |
| 5/8      | 10     | .625    |
| 3/4      | 12     | .75     |
| 7/8      | 14     | .875    |

For more information on accurately measuring infants, children and adolescents, visit [www.dhcs.ca.gov/services/chdp/](http://www.dhcs.ca.gov/services/chdp/).

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Photograph:  
Ventura County CHDP Program and  
Mandalay Bay Women and Children's Medical Group,  
August 19, 2011. Ventura County Health Care Agency.

[www.vchca.org/](http://www.vchca.org/)  
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