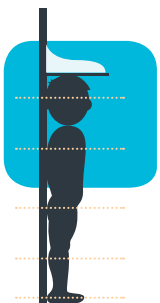


# Guide to accurately measuring the height of a child

Standing height measurement is appropriate for most children 2 years, and older.

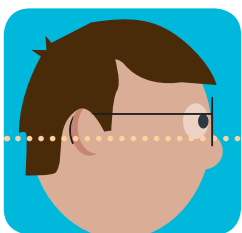
1.

The child should stand barefoot, with heels together, legs straight and shoulders relaxed.



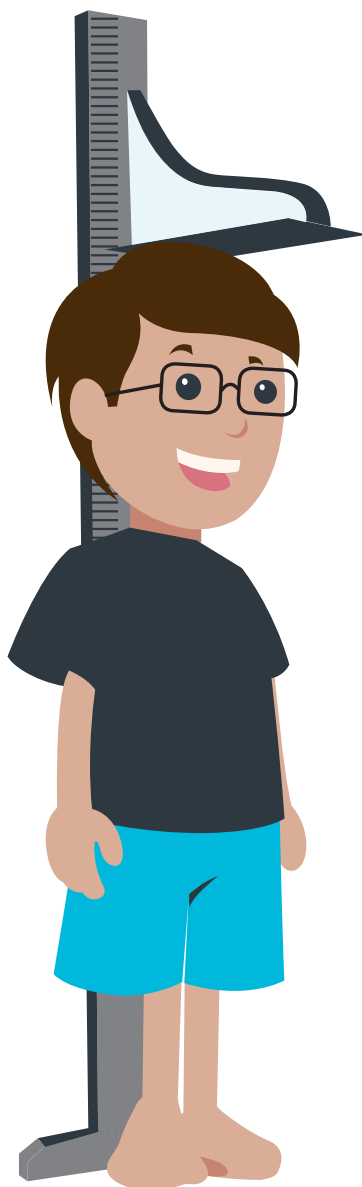
2.

Heels, buttocks and, if possible, scapulae should be against the wall.



3.

Position the headboard on the child's head and check that the child is looking straight ahead, with the lower margins of their eyes in the same horizontal plane as their ear canal.



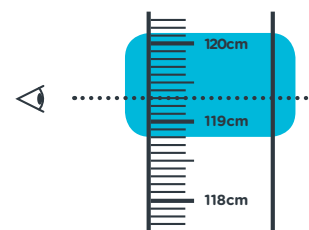
4.

Tell the child to 'breathe in and stand tall'. Apply gentle but firm pressure to help the child stretch. Ensure the heels are not lifted from the ground. Tell the child to 'breathe out and relax' while the measurer maintains pressure on the head.



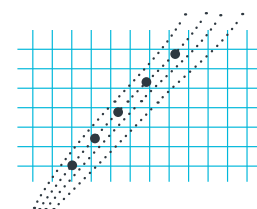
5.

Read the height to the last complete millimetre (do not round up!) Read from the same height as the top of the head.



6.

Plot the height measurement on the standard centile chart of height for age and sex and include in the child's medical record.



If required, ask another staff member or the parent for assistance to ensure the child stands in the correct position

For more healthy habit tips visit [healthyliving.nsw.gov.au](http://healthyliving.nsw.gov.au)  
For health professional resources visit [pro.healthykids.nsw.gov.au](http://pro.healthykids.nsw.gov.au)

