

Guide to accurately measuring the length of a child

Length measurement is appropriate for most children under 2 years, and older if unable to stand.

1.

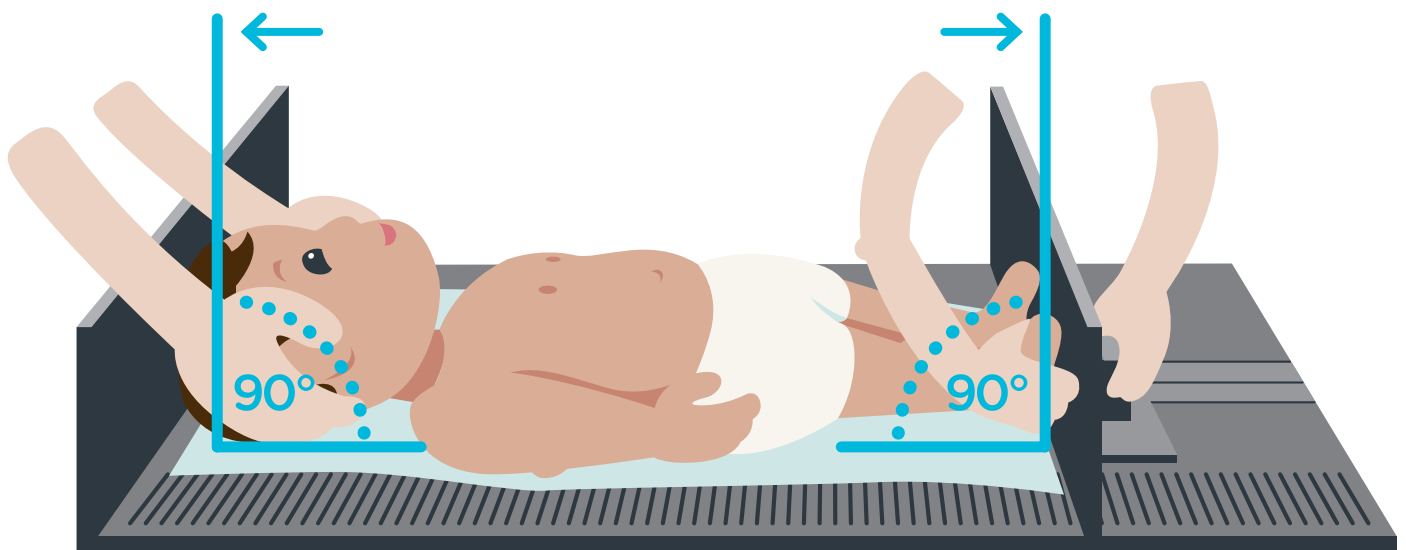
Lay child with their head against the headboard, and feet flat on the footboard, with their shoes and socks removed.

2.

Gently bring the top of the child's head into contact with the fixed headboard. The child should be looking straight up.

3.

Hold the child's knees and feet so they are together and flat against the board.



4.

Apply firm pressure to the child's feet and knees. The child's feet should be at right angles to the base of the board.

5.

Read the length to the nearest complete millimetre (do not round up!)

6.

Plot the length measurement on the relevant chart and include in the child's medical record.

Measuring the length of a child may require two people to ensure correct measurement.

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

