

# Guide to accurately weighing children using infant scales

## Equipment

- The scale should weigh up to 20kg, in 5g (0.005kg) increments.
- Place the scale on a stable, non-carpeted surface.
- If using a trolley, check the scale is not touching the edges of the trolley.

1.

To collect bare weight, ensure the child is undressed with the nappy removed.



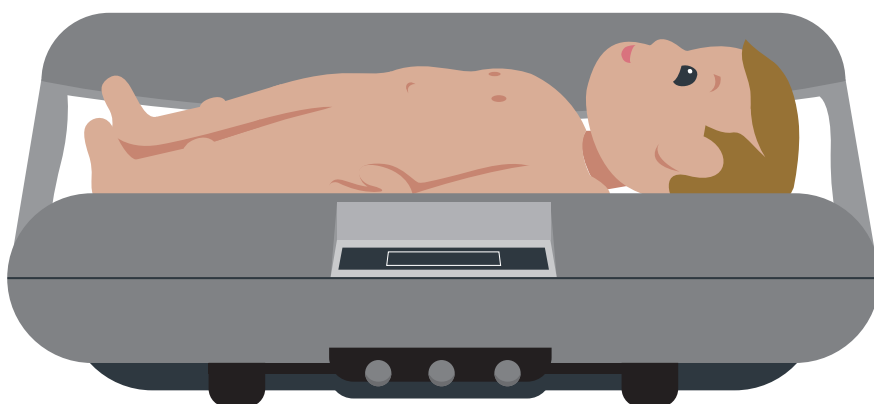
2.

Place a sheet/paper towel on the scale.

3.

Turn the scale on and wait until it displays zero.

**0.000kg**



4.

Place the child in the centre of the scale and ensure that weight is evenly distributed.

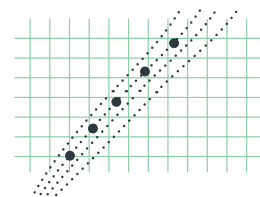
5.

Wait until the scale settles at a reading and record weight to the nearest 5g (0.005 kg).

**7.860kg**

6.

Plot the weight measurement on the relevant weight-for-age chart and enter into the child's electronic medical record. If able, measure length and plot on the relevant chart and enter into the child's record.



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

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For health professional resources visit [pro.healthykids.nsw.gov.au](https://www.pro.healthykids.nsw.gov.au)

