

# 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 scales are not touching the edges of the trolley.

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

1.

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



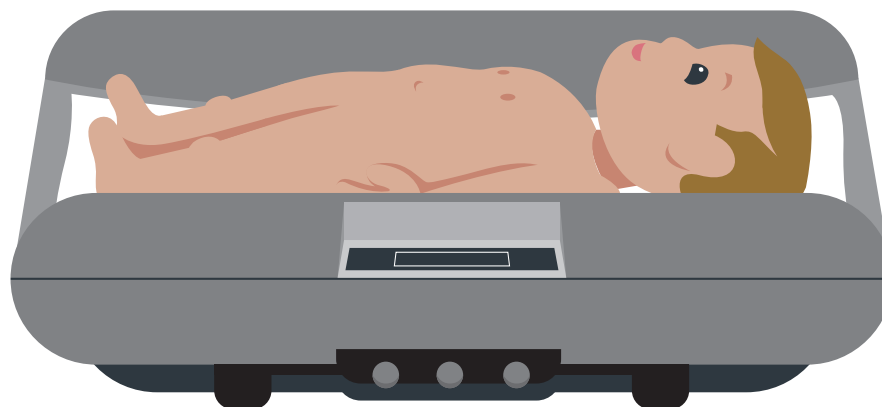
2.

Place a sheet/paper towel on the scale.

3.

Turn the scales on and wait until they zero.

0.000kg



4.

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

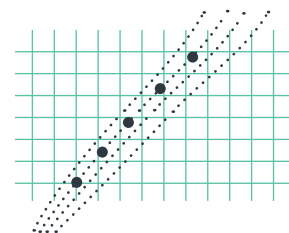
5.

Wait until the scales settle 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.



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