

## Growth measuring technique – children 2 years and over



Accurate measuring and weighing using standard techniques and equipment is needed for best practice growth assessment.

Equipment should be calibrated and serviced according to manufacturer's advice

### ***Weighing children 2 years and over***

#### **Equipment**

- Scales for weighing children can be either high quality beam balance with movable weights, or high quality electronic
- Weighs in 0.1 kg (100 gm) increments and can be 'locked' in
- The scale can be easily 'zeroed'
- Weight is read at 'eye level' of measurer
- Stable weighing platform which is large enough to support the child
- No length or stature device should be attached because they do not have a stable platform.

Service the scale (including calibration) according to manufacturers' guidelines. This is usually annually, or more frequently if the scales are moved regularly or there are concerns about accuracy.

#### **Preparation**

- Place the scale on a firm surface (not carpet)
- Explain to the child that you are measuring their weight
- Make sure that any outer heavy clothing such as a coat, jacket or jumper is removed. Light clothing can be worn.
- Remove hats and items in pockets such as toys or stones
- Help the child to remove their shoes

#### **Procedure**

- Turn the scales on and wait until they zero
- Ask the child to stand on the middle of the scales, looking straight ahead
- You may need to move them into the right position
- Check the child is not holding onto a wall or table; and arms are at their side
- Ask the child to look straight ahead and stand still
- Wait until the scales settle at a reading

#### **Recording**

- Bend down if necessary to read the scale at eye level
- Record weight to the nearest 100 grams
- Plot weight on the appropriate weight for age growth chart for your jurisdiction



## ***Height / stature measurement for children 2 years and older***

### **Equipment**

- Height is measured in the standing position using a stadiometer (height measurer) or a correctly installed 'pull down' measure designed for the purpose
- A stadiometer consists of a vertical board with an attached metric ruler with an easily moveable horizontal headboard that can be brought into contact with the most superior part of the head; ideally spring loaded
- The equipment has a wide and stable platform, or firm uncarpeted floor as the base.
- Equipment should be accurately and firmly mounted on a wall
- Ensure that fixed position devices have been installed correctly, and re-check after moving or re-location
- Should have an easy to read, stable tape or digital readout in 0.1 cm increments

### **Preparation**

- Show the child the stadiometer / height measurer and explain you are going to see how tall they are growing
- It can be helpful to measure the parent first if the child is hesitant
- Take the child over to the height measurer and make sure they face away from the equipment
- Assist the child to remove their shoes

### **Procedure**

- Ask or help the child to stand facing away from the stadiometer or wall:
  - with bare feet close together,
  - legs straight,
  - arms at sides and shoulders relaxed
- Ask the child to look straight ahead 'like a soldier', and take a big breath in and out to relax,
- Check that their arms are by their sides, and shoulders relaxed.
- Double check their position, making sure their knees are straight, heels on the floor and head, shoulder blades, bottom and heels are in contact with the stadiometer (height measurer) or the wall
- Bring the measuring device down to rest on the child's head
- Crouch down so your eye is level with the height

### **Recording**

- Record height to the nearest 0.1 cm
- Plot height on the appropriate height for age growth chart for your jurisdiction
- Record whether length or height / stature has been measured because length is greater than height / stature by approximately 1 - 2 cm.