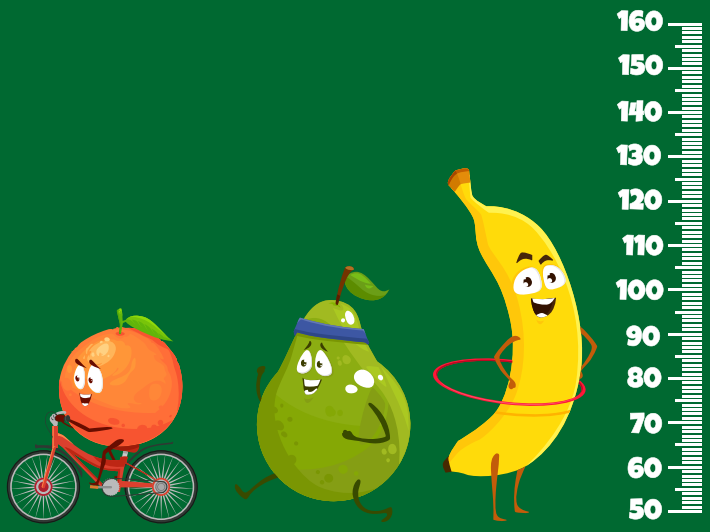
Guidelines for Height & Weight Measurement



1 PREPARATION

You will need a measuring tape in centimeters and a scale in pounds or kilograms. Calibrate scale to zero. Establish a private area for children's measurements.

2 Greet the Child

- **Explain "Today we will measure to see how much you've grown!"**
- **Help child remove shoes, bulky outer-layer clothing, objects from pockets, and any removable hair accessories.**

3 Height Measurement

a) Have child stand with head, back and feet against wall or stadiometer.
b) Confirm child is standing still in correct position, with feet together and head facing forward.
c) Measure to highest point on top of child's head in centimeters with one decimal place.
d) Record height in centimeters and fill in the values in survey.

Weight Measurement

a) Have child stand on center of scale.
b) Confirm child is standing still in correction position, with both feet flat.
c) Read scale, rounding to one decimal place.
d) Record weight in pounds or kilograms in the survey.