

Height/Weight Procedures

Weights and heights/lengths will be measured at least one time per year. For infants under one year of age, weights and lengths will be measured at least two times per year. It is optimal that height/length and weight measurements are taken two or more times per year for all children. Staff will work with families toward this goal. Heights and weights are measured as part of the Nutrition Assessment. Please see Nutrition Assessment Procedure (N-2).

Weight Procedure

1. Digital scales or balance beams scales should be available for the weights. Scales will be calibrated at least one time per year by certified professional.
2. Have child remove outer garments (i.e. coat, shoes). Infants should be weighed naked or wearing only a dry diaper.
3. Move sliding weight on balance beam scale to zero
4. With the child on the scale, move the weight on the main beam away from the zero position until the indicator shows that too much weight has been added. Then move the weight back toward the zero until the beam balances.
5. Read the weight and record the measurement.

Height/Length Procedure

1. Stadiometers, wall mounted tape measures or a recumbent length board should be available for heights/lengths.
2. Shoes will be removed before measurement is taken.
3. a) Children will stand on the floor with heels together, back as straight as possible and with heels, buttocks and upper part of their back touching the wall with arms at their sides. The line of vision should be perpendicular to the wall. The head piece of the stadiometer or a block squared at right angles should be brought to the crown of the head.
b) Infants should be measured on a recumbent length board. One person shall hold the infant's head against the head board while another person slides the foot board up against the infant's feet.
5. Read stature to the nearest 1/8" and record. Height/lengths and weights are ideally taken by the same person each time for consistency in measurements.
6. If any measurement causes concern (weight loss, poor growth, excessive gain), refer to the Registered Dietitian. See also Height/Weight follow-up procedure (N-7).