Weighing a child

If children are at least two years old, you can weigh them with a regular scale.

Material:

A scale ranging from 0 to 120 kilogram (0 to 265 pounds) and a subdivision of at least 500 grams (1.1 pounds).

Points of attention:

1 kilogram is equal to 2,205 pounds.

Preferably use an electronic scale. Alternatively a scale with dial can be used.

Position your scale on a flat and hard surface (no carpet).

Make sure that the child only wears underwear.

The measurement is done barefooted, so footwear and socks are removed.

Read the weight from the scale as accurate as possible without rounding.

Technique:

Place the scale on a hard surface.

Turn on the scale and wait until a zero appears on the screen.

Ask the child to step onto the scale, without leaning against something. Tell him/her to stand with his/her weight evenly distributed on the measurement platform.

Wait a few moments (make sure they don’t shift their weight) and read the result.

Read the weight from the scale (be as accurate as possible).
Measuring children's height

Material:

A tape measure of minimum 2000 mm (80 inches) and a straight wall.

Points of attention:

The measurement is done barefoot, so footwear and socks are removed.

Hairpins and braids/tails, which can disrupt the measurement are removed.

Make sure that the child is wearing light clothing, no pull, shirt or jacket.

The figure is not rounded but always noted down to the last full mm or subdivision of the inch.

Technique:

The child is placed centrally, facing away from the wall.

The arms are hanging relaxed at the sides of the child’s body.

The heels, calves, buttocks and shoulders are touching the wall.

The heels are on the ground, the feet at an angle of about 45° against each other, so that the heels touch each other.

With young children it may be necessary to briefly press their feet so that the bottom of the heels always remains in contact with the ground.

Ask your child to stand up as tall as possible (maintaining a firm posture), without standing on his/her toes.

Hold the head with one hand so that the child looks straight forward and bring the other hand up against the crown. (see previous picture)

Let the child step away carefully from under your hand and mark that spot on the wall with a pencil.

Let the tape unwind from the place where you’ve put the mark, down to the floor. Measure the distance between the mark and the floor. Read the figure down to the last full mm or subdivision of the inch.