

Information sheet: A guide for caregivers as how to measure height in children older than 2 years of age

1. Two people will be needed to do this measurement in children older than 2 years of age.
 - a. For this measure you will need a tape measure, hard back book or chopping board, pen and paper.
2. Find a wall (ideally without a skirting board e.g. a bathroom).
3. Next stick a piece of paper on the wall at the height of your child – you are going to use this to make a mark as to where the top of their head is.



Tip: Stick a piece of paper on the wall – to mark the height

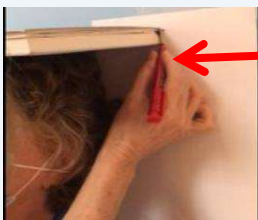
4. The child should have no shoes/sandals or slippers on and the hair should be flat as possible on the top of their head e.g. no ponytail, braids etc.
5. Explain to child they will be standing as straight as possible against the wall to measure how tall they are; ensure they are looking straight ahead.
6. The first person should help the child stand against the wall – heels against the wall, knees straight arms by the side.



Heels against the wall

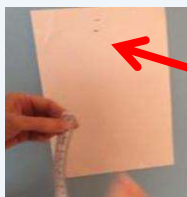
Tip: Help the child stand with their heels against the wall – with the back of the knees touching the wall

7. The first person should gently place a book on the top of the head with the second person making a mark on the piece of paper where the underneath of the book touches the paper. At all times ensure the child is standing still, with the heels against the wall and knees straight.



Tip: Mark the height on a piece of paper

8. Ask the child to step away from the wall. The second person should then take the tape measure and measure the distance from the mark to the floor. Write the number down – this will be the child's height.



Tip: Measure from the mark



Tip: Get down on the floor to read the number

9. Repeat this for a second time and make a note of both measures, which the dietitian will use to plot on a growth chart.