Figure 5.1. Child Height Measurement - Height for Children 24 Months and Older

Headpiece firmly on head

Hand on chin

Shoulders level

Child's hands and arms at side

Left hand on knees; knees together against board

Right hand on shins; heels against back and base of board

Assistant on knees

Questionnaire and pencil on clipboard on floor or ground

Line of sight

Figure 5.2. Child Length Measurement - For Infants and Children 0-23 Months

- Measure on knees
- Assistant on knees
- Arms comfortably straight
- Hand on knees or shins: legs straight
- Child's feet flat against footpiece
- Child flat on board
- Hands: cupped over ears: head against base of board
- Questionnaire and pencil on clipboard on floor or ground
- Line of sight perpendicular to base of board

Figure 5.3: Child Weight Measurement Using Sabo-type Hanging Scale

1. Put hands through legholes
2. Grasp feet
3. Assistant with questionnaire
4. Measurer reads scale at eye level
5. Child hangs freely

Figure 5.4 Child Weight Measurement Using Electronic Scale

Figure 5.5. Child Mid-Upper Arm Circumference Measurement

1. Locate tip of shoulder
2. Tip of shoulder
3. Tip of elbow
4. Place tape at tip of shoulder
5. Pull tape past tip of bent elbow
6. Mark midpoint
7. Correct tape tension
8. Tape too tight
9. Tape too loose
10. Correct tape position for arm circumference