

# National Child Measurement Programme Operational Guidance 2017

## 1. Measuring weight

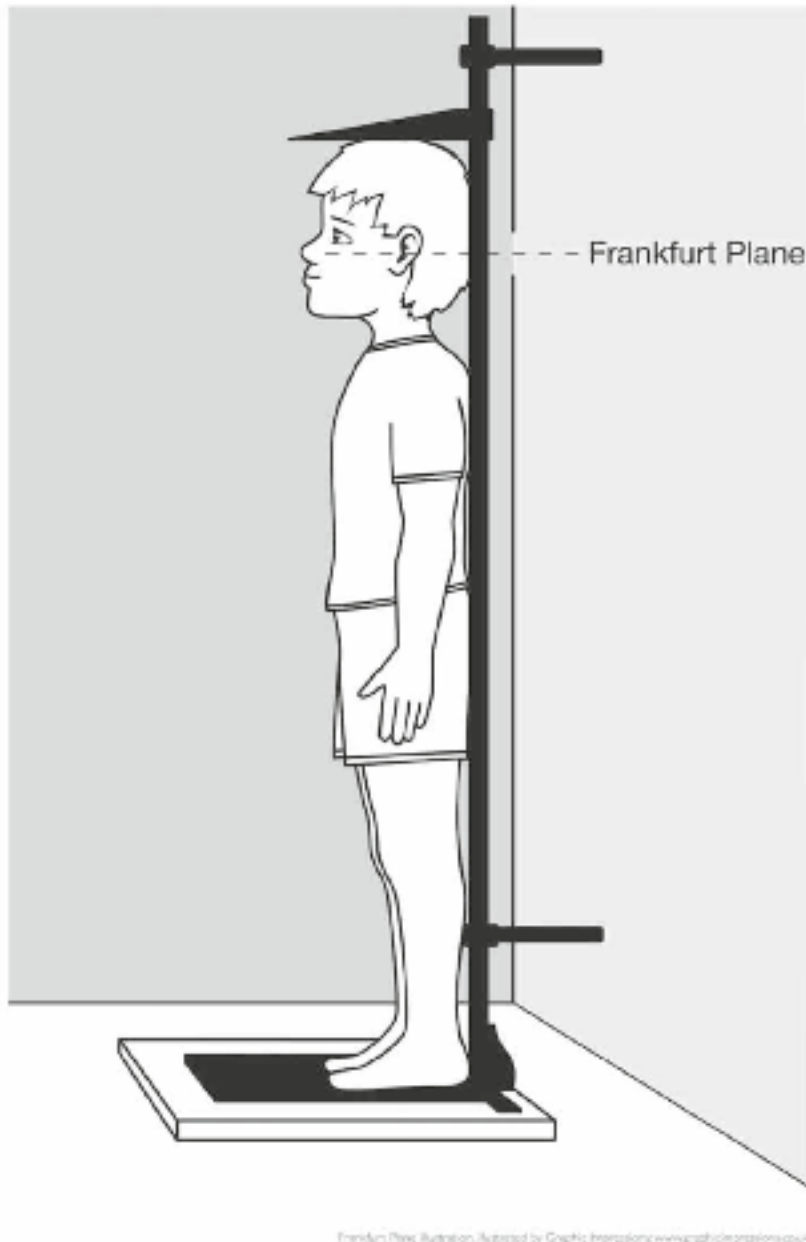
The following actions should be taken when measuring a child's weight:

- Ask the child to remove their shoes and coat. They should be weighed in normal light, indoor clothing
- Ask the child to stand still with both feet in the centre of the scales record the weight in kilograms to the first decimal place, that is the nearest 0.1kg (for example 20.6kg). Measurements should not be rounded to the nearest whole or half kilogram.

## 2. Measuring height

The following actions should be taken when measuring a child's height:

- Ask the child to remove their shoes and any heavy outdoor clothing that might interfere with taking an accurate height measurement.
- Ask the child to stand on the height measure with their feet flat on the floor, heels together and touching the base of the vertical measuring column. The child's arms should be relaxed and their bottom and shoulders should touch the vertical measuring column.
- To obtain the most reproducible measurement, the child's head should be positioned so that the Frankfurt plane is horizontal (figure 2). The measuring arm of the height measure should be lowered gently but firmly onto the head before the measurer positions the child's head in the Frankfurt plane.
- Ideally, one practitioner will ensure that the child maintains the correct position while the other reads the measurement.
- Record the height in centimetres to the first decimal place, that is the nearest 0.1cm (for example 120.4cm). Measurements should not be rounded to the nearest whole or half centimetre.
- Whenever possible, measurements should be repeated to ensure accuracy.



**Figure 2: The Frankfurt Plane**

The Frankfurt Plane is an imaginary horizontal line that passes through the inferior margin of the left orbit and the upper margin of the ear canal. This means that the ear hole should be aligned with the bottom of the eye socket. This position will allow the crown of the head to raise the measuring arm of the height measure to the child's true height.