How to Measure a Child's Height

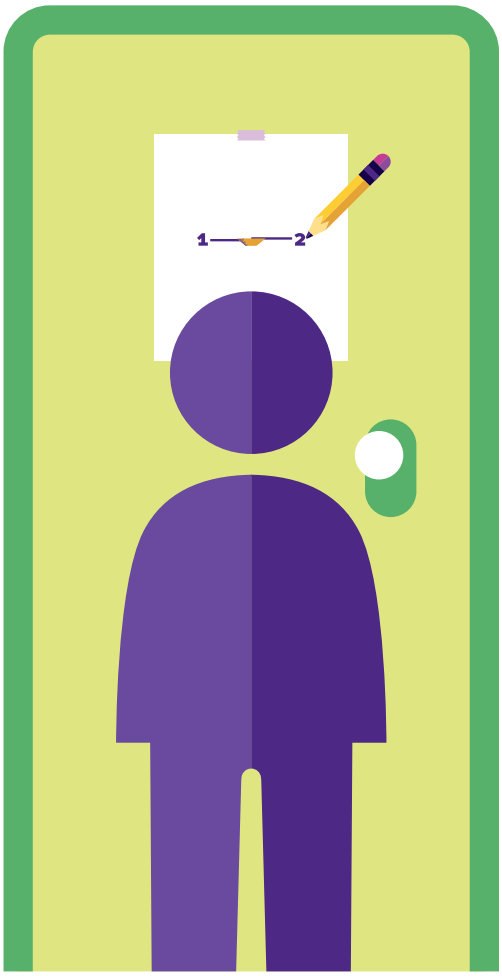
Pennington Biomedical Greaux Healthy

Measuring a child's height and weight at each visit allows the provider to calculate the child's Body Mass Index (BMI) and BMI percentile. These instructions can be used to train new clinic staff who will be taking measurements for pediatric patients. It can also be provided to patient caregivers for home use if needed.

Supplies Needed:

(if your office does not have a stadiometer)

- Sheet of paper
- Tape
- Pen or pencil
- Ruler
- Tape measure
- Step stool (depending on height of the child)



Instructions:

1. Tape a piece of paper on the door/wall around the center of the top of the child's head. Make sure this area is on a flat, non-carpeted surface. The wall should be free of molding at the bottom so the child can stand against it.
2. Have the child remove their shoes, bulky clothing, hat or other hair decorations (like ponytails, bows, etc.).
3. Have the child stand with their feet flat, together, and against the wall. Their legs should be straight, arms at their sides, and shoulders level.
4. Make sure the child is looking straight ahead and that the line of sight is parallel with the floor.
5. Use a ruler to form a right angle with the wall and lower until it firmly touches the crown (top) of the child's head.
6. Make sure your eyes are at the same level as the ruler. While holding it in place, mark where the ruler meets the wall on the sheet of paper. Write the number "1" above the line.
7. Have the child step away from the wall.
8. Use a tape measure to measure from the base of the floor to the mark you made on the paper.
9. Record the height to the nearest 0.1 centimeter.
10. Repeat steps 3-6 to complete a second measurement. Write the number "2" above the second line. *NOTE: If the two measurements differ by more than 0.3 centimeters, you will need to take a third measurement.*

For more information: www.greauxhealthy.org /greauxhealthyPB
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How to Measure a Child's Weight

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Supplies Needed:

- Digital scale

Instructions:

1. Place the scale on a flat, non-carpeted surface.
2. Have the child remove their shoes, bulky clothing, heavy accessories, and items from their pockets (wallet, cell phone, loose change, etc.).
3. Have the child stand with both feet in the center of the scale.
4. Record the weight to the nearest decimal fraction.
5. Have the child step off the scale and back on to repeat the reading.
   NOTE: If the two measurements differ by more than 0.1 kilograms, you will need to take a third measurement.

Calculating Body Mass Index (BMI)

Visit https://www.pbrc.edu/research-trials/BMI-Calculator.aspx to calculate BMI for children and adolescents by filling in each of the blanks and clicking the Calculate button.

BMI Calculator

◉ **English** (in, lbs) ○ **Metric** (cm, kg)

ALL AGES

Height (ft/in) **ft** **in**

Weight (lbs)

AGES 2-19

Date of Birth **mm/dd/yyyy**

Measurement Date **01/28/2025**

Gender **Choose one**

Calculate

BMI	Z-Score	Percentile

BMI Chart for Ages 2-19

BMI Category	Terminology
<5th percentile	Underweight
5th-84th percentile	Healthy weight
85th-94th percentile	Overweight
≥95th percentile	Obesity (Class I)
≥120% to <140% of 95th percentile	Severe obesity (Class II)
≥140% of 95th percentile	Severe obesity (Class III)

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