

Measuring Length

Infants: Birth - 2 years

Step 1 – Dress Code

Measure infant wearing underclothing or clean diaper. No shoes!

Step 2 – Child Positioning is Crucial!

Two people perform measurement:

Caregiver
holds head firmly
against head board

Staff
Straightens and holds knees and hips,
then moves footboard
until it rests firmly against heels



Step 3 – Read and Document the Measurements

Read measurement to nearest 1/8 inch (0.1 cm) and write it down.

For more information on accurately measuring infants, children and adolescents,
visit www.dhcs.ca.gov/services/chdp/ > Support and Educational Materials.

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