

# Measuring Stature

## Children and Adolescents: 2 - 20 years

### Step 1 – Dress Code

Remove bulky outer clothing (jackets, hat and shoes) and second layers.

### Step 2 – Positioning is Crucial

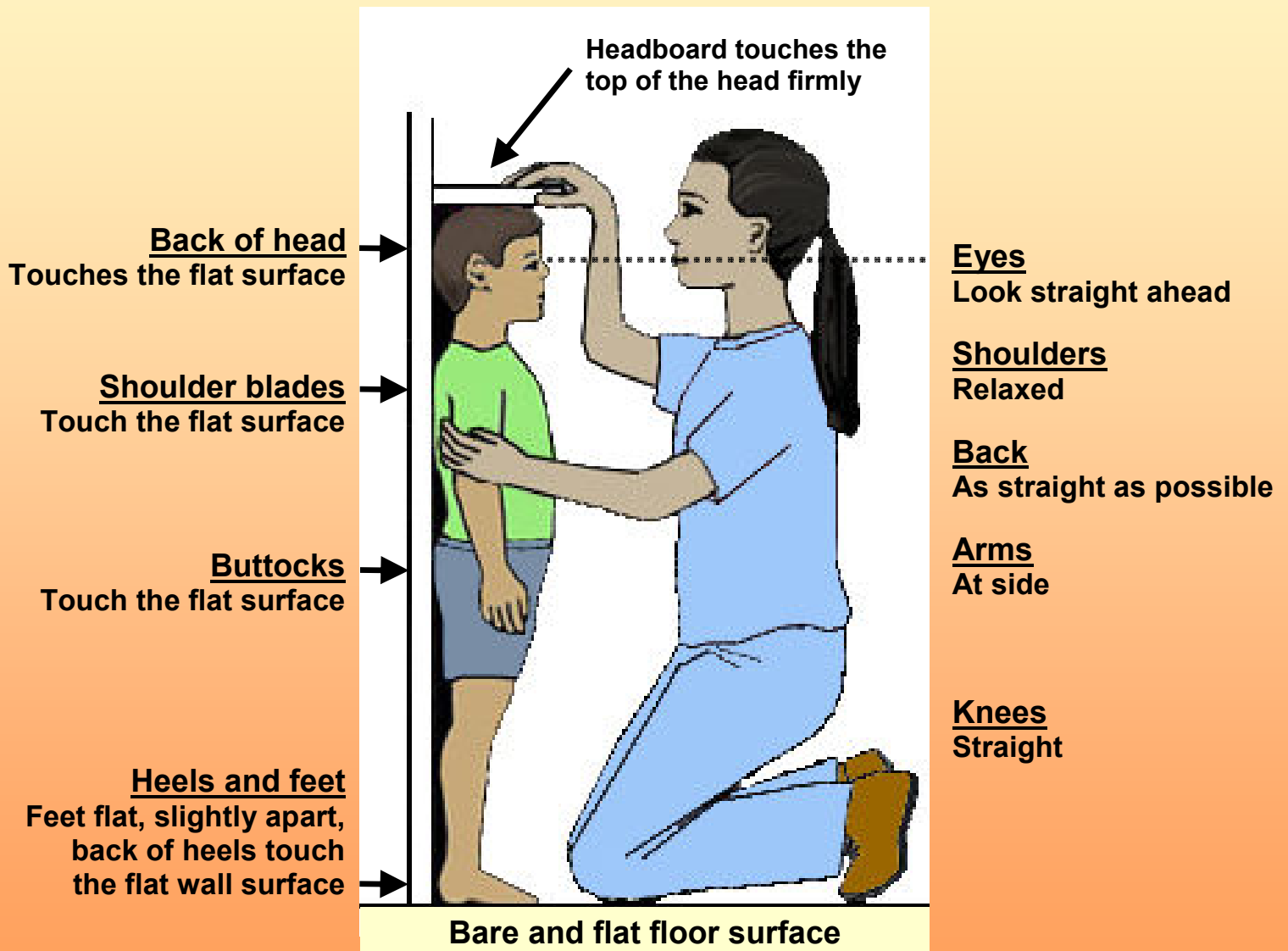


Illustration adapted from: Measuring Children's Height and Weight Accurately At Home. 2011. [www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/measuring\\_children.html](http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/measuring_children.html)

### 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/chdpl/](http://www.dhcs.ca.gov/services/chdpl/) > Support and Educational Materials.