

# Measuring Weight

## Children and Adolescents: 2 - 20 years

### Step 1 – Dress Code

Remove bulky outer clothing (jackets, hat and shoes).  
If a diaper is used, be sure it is clean and dry.

### Step 2 – Center Child on Scale

Before child steps on platform, balance and zero the scale



Ask child to stand on center of scale platform with heels slightly apart

#### Respect Privacy

Provide a private area for:

- Clothing removal (provide gown if needed)
- Taking and discussing measurements



#### Alternate Weighing Method

- 1) Weigh both caregiver and child
- 2) Weigh caregiver alone
- 3) Subtract caregiver's weight from the combined weight

### Step 3 – Read and Document the Measurements

Read measurement to nearest 1/4 lb (0.1 kg) and write it down.

Conversion Chart

Fraction	Ounces	Decimal
1/8	2	.125
1/4	4	.25
3/8	6	.375
1/2	8	.5
5/8	10	.625
3/4	12	.75
7/8	14	.875

For more information on accurately measuring infants, children and adolescents, visit [www.dhcs.ca.gov/services/chdp/](http://www.dhcs.ca.gov/services/chdp/).

Select *Support and Educational Materials*.

Photograph:  
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[www.vchca.org/](http://www.vchca.org/)  
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