

Infant Length Board: Measuring Length

Birth to 24 Months of Age

STEP 1: Preparation

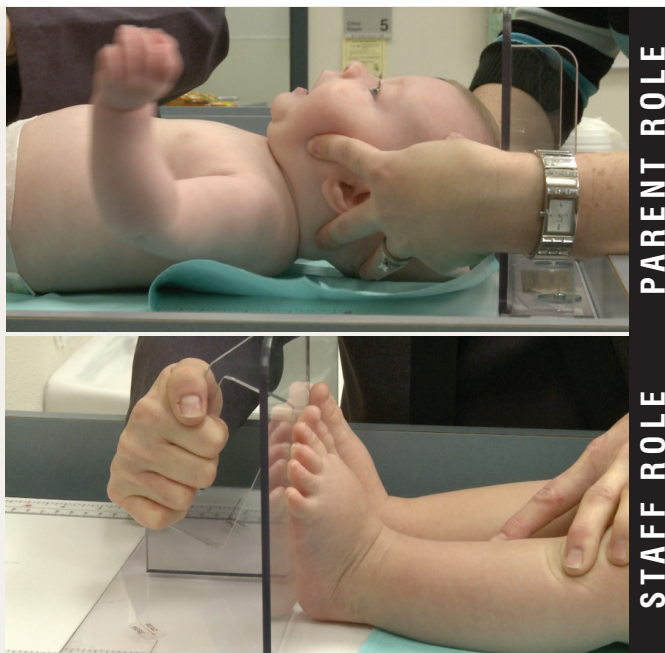
- Measure infant wearing light clothing or diaper
- Remove shoes, hat and bulky clothing such as coats and sweaters
- Cover length board with a paper barrier

STEP 2: Child positioning is important!

- Place infant on their back in the centre of the length board
- Two people are needed to get an accurate measurement

Staff Role

- Align trunk and legs
- Extend both legs, toes pointed up
- Bring footboard firmly against the heels
- One hand on knees to maintain full extension



Parent Role

- Hold head against the headboard to compress the hair

Child Positioning

- Eyes looking straight up
- Chin not tucked or stretched too far back

STEP 3: Read and record the measurements

- Measure to the nearest 0.1 cm and record

STEP 4: Checking calibration

- Check with calibration rod monthly and record