

How to measure your child's height

1. Find a flat wall with no moulding or obvious slope. Choose an area where the floor is not carpeted.
2. Remove your child's shoes and any bulky clothing (e.g. coat, thick jumper). If your child has hair ornaments (clips or bands) remove these, and take any plaits out. This is so your child can stand with their back flat against the wall.
3. Ask your child to stand against the wall with their feet together and heels touching the wall.
4. Make sure your child's legs are straight, their arms are at their sides and their shoulders are level.
5. Ask them to look straight ahead.
6. Place a ruler at a right angle above the head, and lower it until it touches the crown of the head.
7. Make a mark where the ruler meets the wall. Then, use a metal tape to measure from the floor to the mark.

Babies are generally measured lying down and on a flat surface. Your healthcare professional will regularly measure and record your baby's height and development to see what stage they are at. You may be given a baby development chart and weight chart from your doctor or nurse, so you can see how your baby is developing.

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