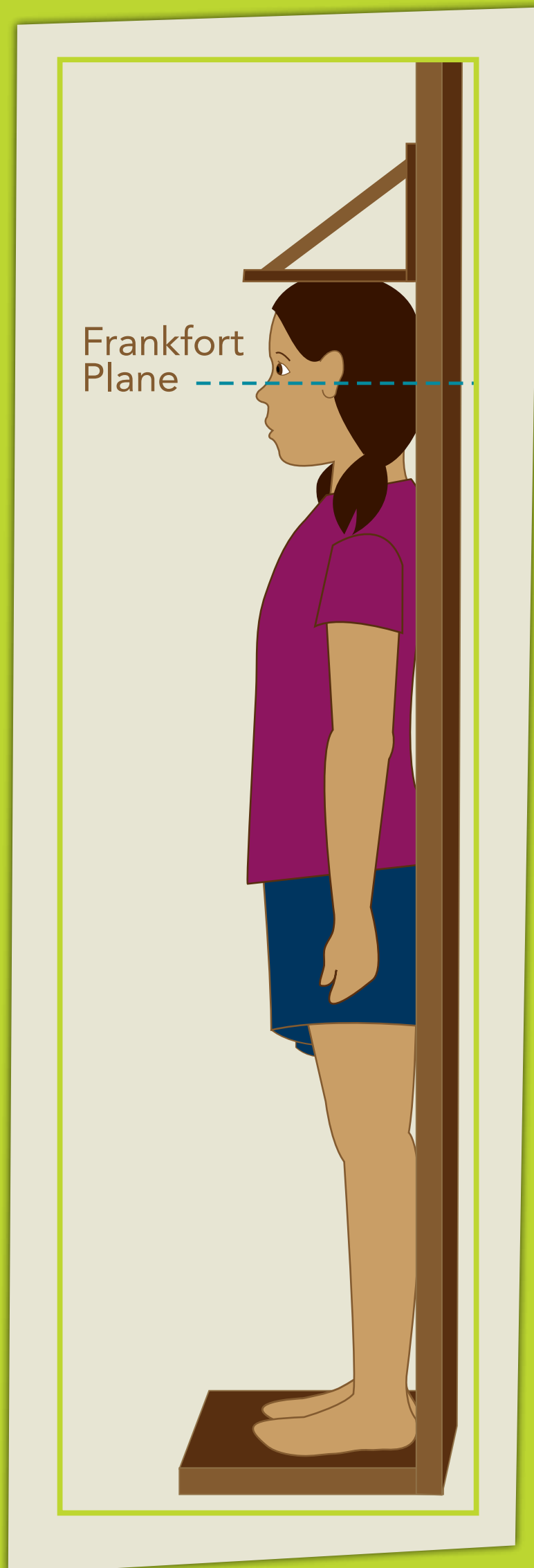


# See How They Grow in HEIGHT

Health professionals and parents are interested in the growth of children. Growth is an important health indicator in children. Impaired or abnormal growth may be a warning of pathology.

## FOLLOW THESE STEPS TO ENSURE ACCURATE AND RELIABLE HEIGHT MEASUREMENT:

- 1 Use a properly installed and CALIBRATED instrument with the necessary components. Keep instrument clean.
- 2 REMOVE SHOES and heavy outer clothing.
- 3 Remove hair ornaments and undo any hair styles upon the crown of the head.
- 4 Child/adolescent stands fully erect on flat surface with the back against vertical surface.
- 5 Weight should be evenly distributed on both feet with heels together.
- 6 Back of head, shoulder blades, buttocks, and heels should be in contact with vertical surface.
- 7 ENSURE that any positional lordosis is minimized; knees are fully extended; heels are flat. Assistant or parent/guardian may need to place a hand on the abdomen, legs, or feet.
- 8 Shoulders should be relaxed with arms hanging down freely.
- 9 Position head in the FRANKFORT PLANE.
- 10 Child/adolescent may continue NORMAL BREATHING.
- 11 Encourage child/adolescent to maintain fully erect position.
- 12 Move headboard down and onto the head.
- 13 Read measurement at EYE LEVEL to the LAST COMPLETED MILLIMETER.
- 14 REPOSITION the child/adolescent and REPEAT procedure. Measure at least twice (ideally three times). AVERAGE the measurements for the final value. Record immediately.



**BLANK CHILDREN'S  
HOSPITAL**

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