FOLLOW THESE STEPS TO ENSURE ACCURATE AND RELIABLE LENGTH MEASUREMENT:

1. Use a CALIBRATED instrument with the necessary components.
2. Remove all clothing and shoes. Remove or loosen the diaper.
3. Remove hair ornaments and undo any hair styles upon the crown of the head.
4. Cover length board with thin cloth or soft paper. Clean instrument between uses.
5. TWO PERSONS ARE REQUIRED. Explain procedure if parent/guardian is assisting.
6. Place infant/child on length board in the supine position. NEVER leave infant/child unattended.
7. Assistant stands behind headboard and holds the crown of the head against headboard.
8. Position head in the FRANKFORT PLANE.
9. Lead measurer fully extends the body along the length board.
10. Lead measurer places one hand on both knees to fully extend BOTH LEGS flat on the length board.
11. ENSURE that head remains against headboard; shoulders and hips are not rotated; back is not arched; legs are not bent. Reposition as necessary.
12. With the other hand, lead measurer moves the footboard against the HEELS OF BOTH FEET with toes pointing upward.
13. Read measurement to the LAST COMPLETED MILLIMETER.
14. REPOSITION the infant/child and REPEAT procedure. Measure at least twice (ideally three times). AVERAGE the measurements for the final value. Record immediately.

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.