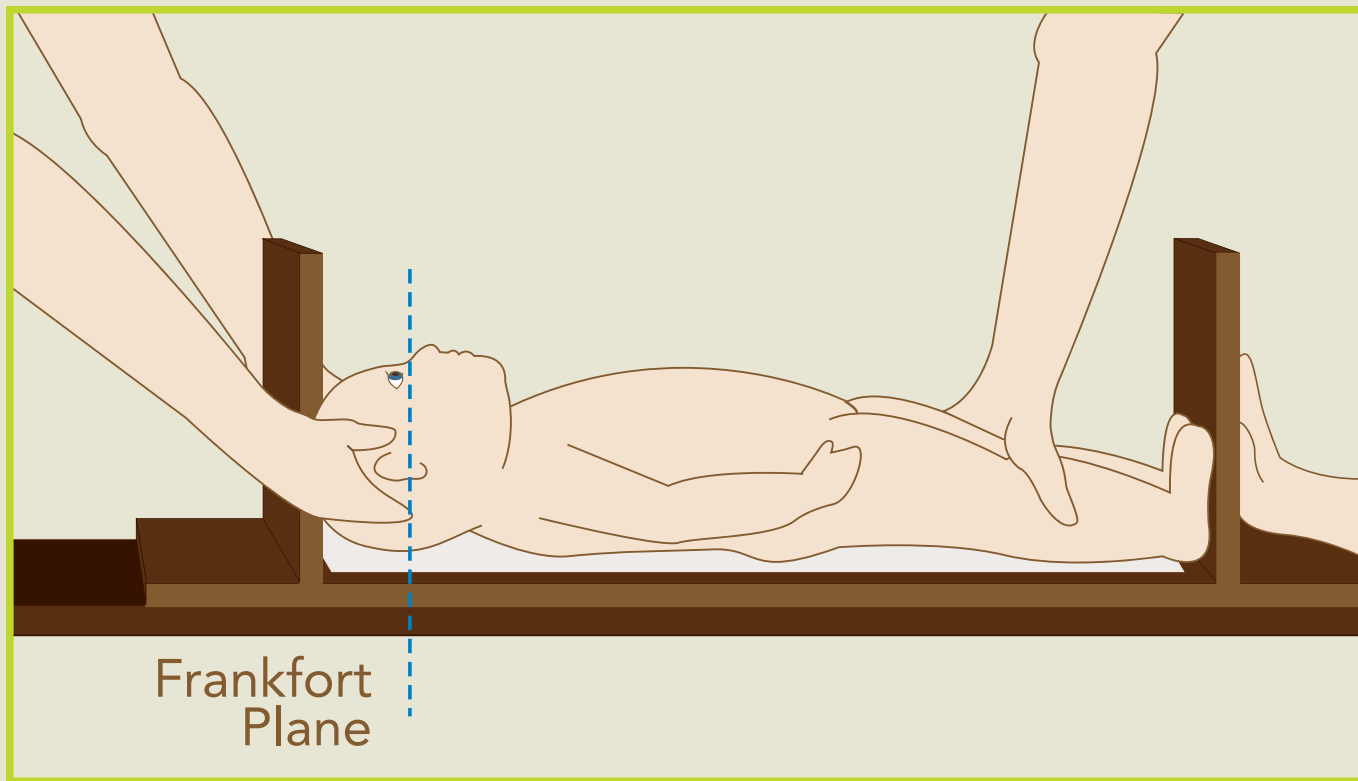


# See How They Grow in **LENGTH**



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 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.



**BLANK CHILDREN'S  
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