Measuring Length
Infants: Birth - 2 years

Step 1 — Dress Code
Measure infant wearing underclothing or clean diaper. No shoes!

Step 2 — Child Positioning is Crucial!
Two people perform measurement:

Caregiver
holds head firmly against head board

Staff
Straightens and holds knees and hips, then moves footboard until it rests firmly against heels

Feet flexed, toes point directly up

Step 3 — Read and Document the Measurements
Read measurement to nearest 1/8 inch (0.1 cm) and write it down.

For more information on accurately measuring infants, children and adolescents, visit www.dhcs.ca.gov/services/chdp/ > Support and Educational Materials.