

Weight, Height/Length and Head Circumference Procedures

Weight Procedure

1. Digital scales or balance beams scales should be available for weights. Scales will be calibrated at least one time per year by certified professional.
2. Have child remove outer garments (i.e. coat, shoes). Infants under one year of age should be weighed naked or wearing only a dry diaper. Make note of which in TWIST medical notes.
3. Children will be weighed on infant scale either sitting or lying down until they are two years old. When a child turns two years of age, they will be weighed standing up.
4. Move sliding weight on balance beam scale to zero.
5. With the child on the scale, move the weight on the main beam away from the zero position until the indicator shows that too much weight has been added. Then move the weight back toward the zero until the beam balances.
6. Read the weight and record the measurement.

Height/Length Procedure

1. Stadiometers, wall mounted tape measures or a recumbent length board should be available for heights/lengths.
2. Shoes will be removed before measurement is taken.
3. a) Children will stand on the floor with heels together, back as straight as possible and with heels, buttocks and upper part of their back touching the wall with arms at their sides. The line of vision should be perpendicular to the wall. The head piece of the stadiometer or a block squared at right angles should be brought to the crown of the head. Squat down so that height measurement is at eye level.

b) Infants and toddlers up to age two should be measured on a recumbent length board. One person shall hold the infant's head against the head board while another person slides the foot board up against the infant's feet.
5. Read stature to the nearest 1/8" and record. Height/lengths and weights are ideally taken by the same person each time for consistency in measurements.
6. If any measurement causes concern (weight loss, poor growth, excessive gain), refer to the Registered Dietitian.

Head Circumference

1. Use non-stretchable plastic tape which has one end that inserts into the other.
2. Remove braids, barrettes or other hair decorations.
3. Have parent hold infant on their lap.
4. Head Circumference is measured over the most prominent part of the back of the head and just above the eyebrows.
5. Pull the tape snugly to compress hair and underlying soft tissues.
6. Measure to the nearest 1/8 inch or .1 centimeter.
7. At UMCHS WIC, we will measure head circumference of infants and toddlers up to 3 years of age upon parent, health care provider or R.D. request. Certifiers will also measure head circumference if a concern arises during the WIC appointment.