

# Measuring Your Baby's Length

## 0 to 24 Months of Age

### STEP 1: Preparation

- Two adults are needed to get an accurate measurement
- Remove baby's shoes, hat, and bulky clothing such as coat or sweater

### STEP 2: Positioning

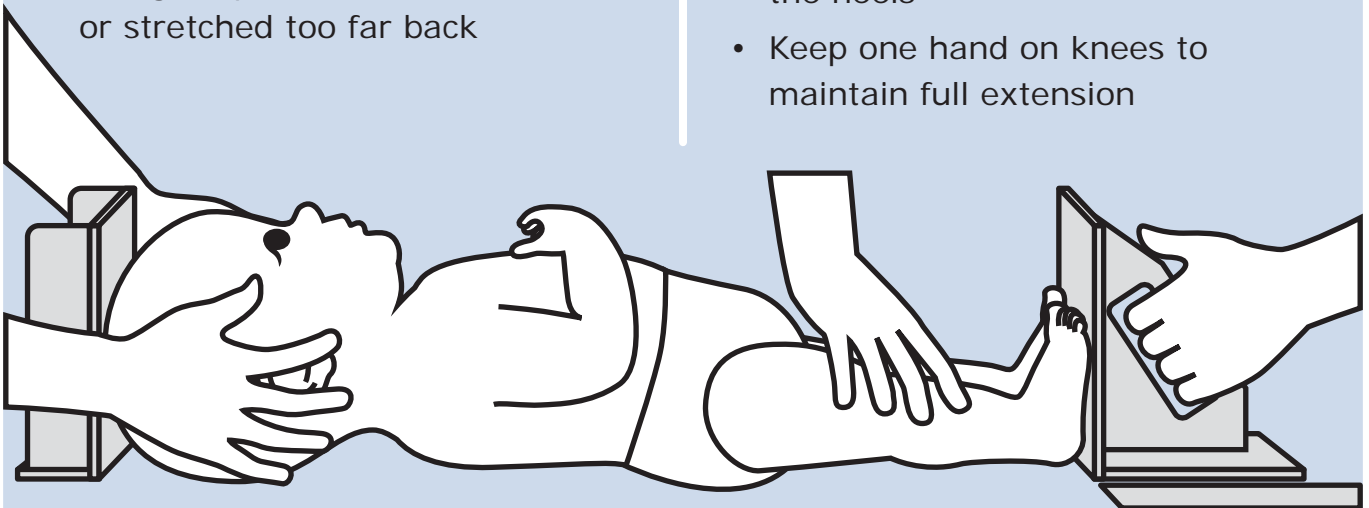
- Place infant on their back in the centre of the length board

#### First Adult's Role:

- Hold the baby's head against the stationary headboard
- Place hands on sides of head and cup hands over ears
- Ensure the child's eyes are looking straight up and chin is not tucked or stretched too far back

#### Second Adult's Role:

- Align body and legs
- Gently press down on legs, just above the knees
- Extend both legs, toes pointed up
- Slide the footboard firmly against the heels
- Keep one hand on knees to maintain full extension



### STEP 3: Read the measurement

- Read your baby's length

*If you have concerns about your baby's growth, please see your doctor.*