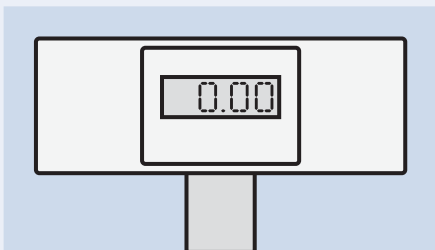


Weighing Your Child

Two Years of Age and Older

STEP 1: **Preparation:** Remove child's shoes and any heavy clothing

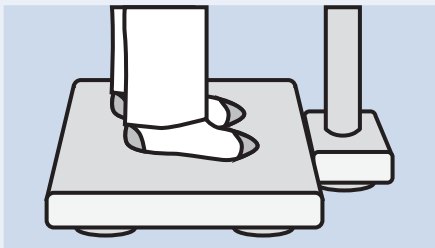
If using an electronic scale:



- Press "zero"
- Wait for "0.0" to appear on the screen

STEP 2: **Weighing**

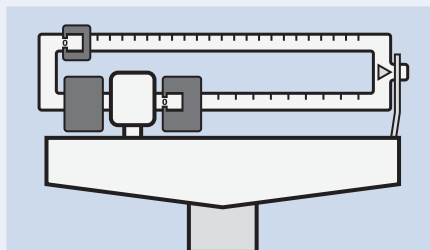
- Ask your child to stand in the middle of the scale platform
- Ensure child is standing without assistance



STEP 3: **Read the measurement**

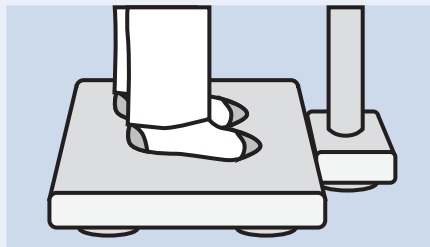
- Read your child's weight from screen

If using a balance beam scale:



STEP 2: **Weighing**

- Ask your child to stand in the middle of the scale platform
- Ensure child is standing without assistance



- Slide the larger weight (on the bottom row) to the right until the right end of the beam drops. After the beam drops, move that weight back one notch to the left (the beam will rise again).
- Next, move the smaller weight (on the top row) slowly to the right until the beam drops and becomes completely horizontal and is balanced in the centre of the slot.

STEP 3: **Calculate the weight**

- Add together the numbers marked by the weights on each bar to determine your child's weight

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