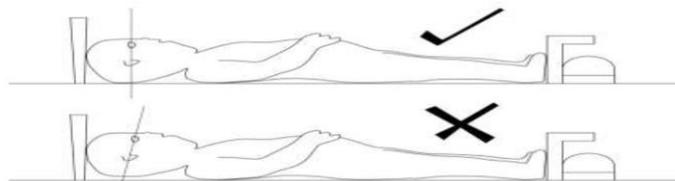


Information sheet: A guide for caregivers as how to measure length in children younger than 2 years of age (remotely)

1. Two people will be needed to do this measurement in children younger than 2 years of age
 - a. For this measurement you will need a tape measure, towel, hard back book or chopping board, pen and paper.
2. As the child may still be naked from being weighed, wrap them in a light blanket to keep them warm.
3. Find a wall (ideally without a skirting board e.g. a bathroom).
4. Clean an area on the floor next to the wall, place a clean towel on the floor and stick a tape measure on the floor with the tip against the wall.
5. Explain to the baby/young child they need to lie on the towel so you can measure how long they are.
6. The first person should gently place the baby's/young child's head against the wall and continue to gently hold the head in place.



Tip: The first person should gently place the head against the wall



7. The baby/young child should have their hair flat against the wall e.g. no ponytail, braids etc.
8. The second person should gently press down on the legs to straighten them – in babies they may not be completely straight.



Tape measure along the side

Tip: Gently press on the knees to straighten them (in babies legs may be slightly bent – this is normal)

9. The second person should then use a hard back book or chopping board as a foot rest – the toes to be pointing up to the ceiling. Mark off where the heel is on the floor on the tape measure.



Tip: The second person should use their finger to mark where bottom of the heel is on the floor – this will be the baby's/young child's length

10. Repeat this for a second time and make a note of both measurements, which the dietitian will use to plot on a growth chart.