

# Measuring Length

## Infants: Birth - 2 years

### Step 1 – Dress Code

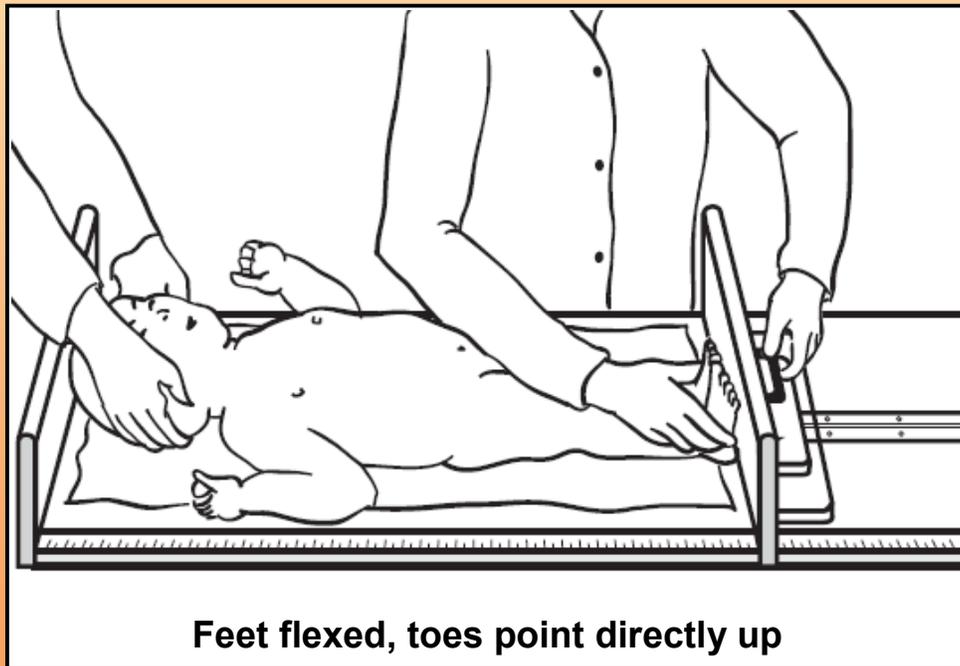
Measure infant wearing underclothing or clean diaper. No shoes!

### 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



### 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/](http://www.dhcs.ca.gov/services/chdp/) > Support and Educational Materials.

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