

INFANT MEASURING BOARD: HOW TO USE

Birth to 24 Months of Age

Step 1 Infant preparation

- Remove shoes, hats, and bulky clothing
- Diaper is left on

Step 2 Infant position

- Plant infant on back in the centre of the board, chin not tucked or too back
- Two people are required to get an accurate measurement

Parent Role

- Hold head against the headboard to compress the hair and keep infant's eyes looking straight up



Staff Role

- Align trunk and legs
- Extend both legs, toes pointed up
- Bring footboard firmly against the heels
- One hand on the knees to maintain full extension

Step 3 Accuracy

- Measure to the nearest 0.1cm and record

This method for measuring infants reduces exam table paper waste and follows WHO guidelines! Thank you for supporting the Hamilton Family Health Team Green Initiative.