Weighing and measuring instructions
To be used to assign a score for step 3 of STAMP

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How to weigh infants and children

Preparing to weigh an infant or child

- Ensure the scale is on a flat, hard, even surface. Make sure the power source is turned on.
- Explain all procedures to the parent/carer.
- Infants should be weighed unclothed. Children should be weighed wearing minimal clothing.
- Make sure the scale display reads ‘0’ prior to use.
- All weights and measures should be checked for accuracy and calibrated regularly.
- To maintain hygiene, wipe the scale down between weighings.

Tared weighing: for infants <2 years old or children who won’t stand still

- The parent/carer should stand barefoot in the middle of the scale with feet slightly apart, and remain still until his/her weight appears on the display (Figure 1).
- Note the weight of the parent/carer.
- Hand the unclothed infant to the parent/carer.
- When both the parent/carer and infant are still, record the weight to the nearest 0.1kg (Figure 2).
- Subtract the parent/carer’s weight from this figure to obtain the child’s weight.
- If the parent/carer is very heavy, e.g. more than 100kg, and the infant is relatively light, e.g. less than 2.5kg, the infant’s weight may not register on the scale. In such cases, ask a lighter person to hold the infant.
How to weigh infants and children

**Weighing an infant alone: for infants <2 years old who will lie still**
- Place a thin piece of cloth or soft paper into a pan scale.
- Lie the unclothed infant on the cloth or paper and wait for him/her to stay still, to allow the scale to settle.
- Record the infant's weight to the nearest 0.1kg.

**Weighing a child alone: for children ≥2 years old who will stand still**
- The child should stand barefoot in the middle of the scale, with feet slightly apart, and remain still until his/her weight appears on the scale display (Figure 3).
- Record the child’s weight to the nearest 0.1kg.

Figure 3
How to measure infants and children

Preparing to measure an infant or child

- Remove the infant or child’s shoes and socks.
- Remove any accessories from the infant or child’s hair, e.g. clips and hairbands, and undo braids if they are likely to interfere with the length or height measurement.
- If infant is <2 years old, remove his/her nappy.

Measuring length: for infants <2 years old or children who cannot stand

- Cover the length board with a thin cloth or soft paper (Figure 4).
- Ask the parent/carer to place the infant on the length board.
- The infant should be laid on his/her back with his/her head against the fixed headboard, compressing the hair (Figure 5).
- Make sure that the infant’s head does not move from side to side and is positioned with the infant looking up. Ask the parent/carer to keep the infant’s head in this position (Figure 5).
- Ensure that the infant lies straight, with his/her shoulders touching the board. The spine should not be arched.
- Hold the infant’s legs down with one hand and pull the footboard against the soles of his/her feet with the other (Figure 6).
- Record the infant’s length to the nearest 0.1cm.

If the child is ≥2 years old, but cannot stand, measure length and subtract 0.7cm to convert it to height.
Measuring height: for children ≥2 years old or children who will not lie down to be measured

- Ensure that the height board is on level ground, or appropriately secured to a wall.
- Ask the parent/carer to kneel in order to get down to the level of the child.
- Ask the parent/carer to help the child to stand on the baseboard with his/her feet slightly apart and the back of the head, shoulder blades, buttocks, calves and heels all touching the vertical board.
- Position the child’s head so that it is facing forward, and ensure that it does not move from side to side (Figure 7).
- If necessary, push gently on the knees to help the child stand at his/her full height.
- Pull the headboard down to rest firmly on top of the child’s head and compress the hair (Figure 7).
- Record the child’s height to the nearest 0.1cm.

- If the infant is <2 years old, but will not lie down to be measured, measure standing height and add 0.7cm to convert it to length.