

# Measuring at home

Measuring your child at home helps to identify any health or growth concerns.

You should measure both their height and their weight. Some tips on measuring both of these at home can be found at [https://childgrowthfoundation.org/wp-content/uploads/2020/03/ParentGuide\\_v1.0.pdf](https://childgrowthfoundation.org/wp-content/uploads/2020/03/ParentGuide_v1.0.pdf) (page 8-9)

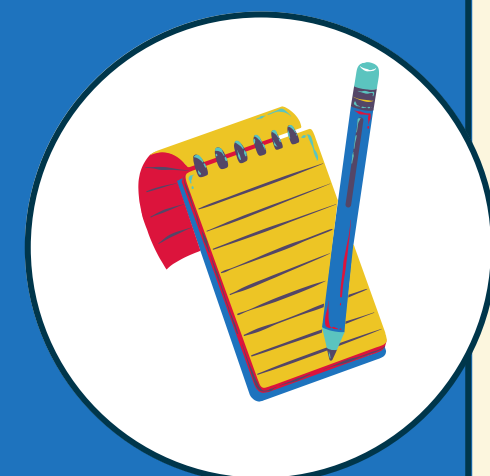
The height should be measured in cms and the weight in kgs.



## What to do with the information?

You should keep a note of the measurements you have and the date they were taken so that you can see how much your child is growing over time. The information can be plotted on a growth chart which will show you what centile your child is on.

More information about growth measurement and centile lines can be found on the Child Growth Foundation website: [https://childgrowthfoundation.org/wp-content/uploads/2020/03/ParentGuide\\_v1.0.pdf](https://childgrowthfoundation.org/wp-content/uploads/2020/03/ParentGuide_v1.0.pdf)



## Does family height affect your child's growth?

Parents' height is one of the important factors when considering how a child is growing. A mid-parental height is calculated to help assess whether your child is growing as would be expected for your family size. You can input your information into an online calculator such as the one found at <https://morethanheight.com/en/calculator-charts> to tell you what your family mid-parental height is. If you're still not sure please contact us at the Child Growth Foundation



## How often should I measure my child?

We would recommend that you leave at least 6 months between measurements so you can build a picture of how your child is growing.

It's not always just about how much they are growing, but also the rate at which they are growing.



## What do I do if I'm worried or have more questions about my child's growth?

Please speak to your GP about your concerns or you can contact our Support Line via email at [support@childgrowthfoundation.org](mailto:support@childgrowthfoundation.org) or by phone on 020 8995 0257.

