

- Use a length board with these components: Flat, horizontal surface with stationary headboard and smoothly movable footboard, both at 90-degree angles to the horizontal surface, and attached ruler marked in millimeter and/or $\frac{1}{16}$ -inch increments. Tape measures should never be used.
- Cover length board with soft, thin cloth or paper.
- Remove all clothing and shoes. Remove or loosen diaper. Remove hair ornaments on crown of head.
- Two measurers are required to accomplish correct positioning; one measurer (assistant) can be a parent or other caregiver when procedures are explained and understood.
- Place child supine on length board. Never leave unattended.
- Assistant holds head in midline with crown of head against headboard, compressing the hair.
- Position head in the Frankfort vertical plane (imaginary line from the lower border of the orbit through the highest point of the auditory meatus; the line is parallel to the headboard and perpendicular to the length board).
- Lead measurer positions the body on length board with one hand placed on both legs to fully extend the body.
- Ensure that head remains against headboard, shoulders and hips are not rotated, back is not arched, and legs are not bent. Reposition as necessary.
- Using the other hand, lead measurer moves footboard against heels of both feet with toes pointing upward.
- Read measurement to the nearest millimeter or $\frac{1}{16}$ inch.
- Reposition the child and repeat procedure. Measure at least twice (ideally three times). Average the measurements for the final value. Record immediately.