

**Measure height in children 24 to 36 months old and older who can stand alone well (Foote, Brady, Burke, et al, 2011, 2014) (see Fig. 4-9, B).**

- Use a stadiometer with these components: Vertical surface to stand against, footboard or firm surface to stand on, movable horizontal headboard at 90-degree angle to the vertical surface, and attached ruler marked in millimeter and/or  $\frac{1}{16}$ -inch increments. Wall charts and flip-up horizontal bars (floppy-arm devices) mounted to weighing scales should never be used.
- Remove shoes and heavy outer clothing. Remove hair ornaments on crown of head.
- Stand child on flat surface with back against vertical surface of stadiometer.
- Weight is evenly distributed on both feet with heels together.
- Occiput, scapulae, buttocks, and heels are in contact with vertical surface.
- Encourage child to maintain fully erect position with positional lordosis minimized, knees fully extended, and heels flat. Reposition as necessary.
- Child continues normal breathing with shoulders relaxed and arms hanging down freely.
- Position head in the horizontal Frankfort 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 vertical surface).
- Move headboard down to crown of head, compressing the hair.
- Read measurement at eye level to the nearest millimeter or  $\frac{1}{16}$  inch to avoid a parallax error.
- Reposition the child and repeat procedure. Measure at least twice (ideally three times). Average the measurements for the final