



FIG 4-8 These children of identical age (8 years) are markedly different in size. The child on the left, of Asian descent, is at the 5th percentile for height and weight. The child on the right is above 95th percentile for height and weight. However, both children demonstrate normal growth patterns.

Length

The term *length* refers to measurements taken when children are supine (also referred to as **recumbent length**). Until children are 2 years old and able to stand alone (or 36 months old if using a chart for birth to 36 months), measure recumbent length using a length board and two measurers ([Fig. 4-9, A](#); see the [Evidence-Based Practice](#) box). Because of the normally flexed position during infancy, fully extend the body by (1) holding the head in midline, (2) grasping the knees together gently, and (3) pushing down on the knees until the legs are fully extended and flat against the table. Place the head touching the headboard and the footboard firmly against the heels of the feet. A tape measure should not be used to