FIG 4-10 **A,** Infant on scale. **B,** Toddler on scale. Note the presence of the nurse to prevent falls. (**B,** Courtesy of Paul Vincent Kuntz, Texas Children's Hospital, Houston, TX.)

Nurses need to become familiar with determining body mass index (BMI), which requires accurate information about the child's weight and height.

$$BMI = [\text{Weight in pounds} \div (\text{Height in inches} \times \text{Height in inches})] \times 703$$

or

$$BMI = \text{Weight in kilograms} \div [\text{Height in meters}]^2$$