

Information sheet: A guide for caregivers as how to measure weight in young children (remotely)

1. If you normally measure your baby on electronic scales, ensure they are naked (no nappy, socks or clothes).
 - a. For this measurement you will need an electronic scale, light blanket, pen and paper.
2. Put the light blanket in the scale cradle, switch the scale on and ensure it is “tared” and on zero before weighing your baby – most baby scales will weigh up to 20kg, but if a child’s legs are dangling off the end this will not be accurate.
3. Lay your baby in the scale cradle on their back face upwards – lift your hands away from the baby ensuring you are not leaning on, or touching, the scales. If a baby moves a lot while the scales are stabilising a false reading may be recorded; if this is the case, do the weight gain.
4. Using the pen and paper, write down the number in the digital display ready for the appointment with the dietitian, who will use the measurement to plot on a growth chart.



For children older than 1 year of age and less than 2 years of age

1. Two people will be needed to do this measurement in children younger than 2 years of age.
 - a. For this measurement you will need an electronic scale, pen and paper.
2. Switch the flat electronic scales on and wait for them to read zero.
3. The first person should take off their shoes and with only light clothing on stand on the electronic scale.
4. Using the pen and paper, write down the number in the digital display.
5. For children younger than 2 years, they should be weighed naked. For children older than 2 years with minimal clothing only e.g. vest and underwear.
6. The second person should pass the child to the first person who is still standing on the scales. The first person should write down this new weight.
7. Repeat this for a second time and make a note of both before and after weights with and without holding the child.
8. Give all of the measurements to the dietitian will use them to plot on a growth chart.



For children older than 2 years of age

1. One person will be needed to do this measurement in children older than 2 years of age.
 - a. For this measurement you will need a scale, pen and paper.
2. Ask the child to stand still on the scale, move slightly away so as not to be touching the scale.
3. Using the pen and paper, write down the number in the digital display.

For children older than 2 years of age – with no electronic scales

1. For children under the age of 2 years it is unlikely to be accurate enough, but your dietitian will let you know.
2. If you do not have an electronic scales, it may be possible to weigh a child over the age of 2 years on bathroom scales.
3. One person will be needed to do this measurement in children older than 2 years of age.
 - a. For this measurement you will need a scale, pen and paper.
4. Ask the child to stand on the flat bathroom scale and stand as still as possible.
5. Using the pen and paper, write down the number indicated by the pointer and give the measurement to the dietitian will use to plot on a growth chart.
6. If you need to weigh a younger child with bathroom scales follow the steps described above.