



Your child's name:	
Your name:	

Today's date:	
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For study use only

ID number

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INSTRUCTIONS FOR MEASURING YOUR CHILD

If you would like to see a demonstration of how to complete the DIY body measurements for your child, please view our instructional video at <http://bit.ly/2aEsGZx>. Please note **you will not be required to take waist measurements** this year.

WEIGHT

You will need a set of bathroom scales. **If you do not own scales**, we recommend your child asks their school nurse's office to take this measurement. Your local pharmacy/chemist may also have a set of scales.

1. Ask your child to remove:
 - Shoes
 - Heavy outer clothes (coat, jacket, big jumper etc)
 - Any heavy things in pockets
2. Ask your child to stand:
 - Centred on scales
 - Feet evenly apart
3. Ask your child to look straight ahead and stand still.
4. Please record weight to the nearest 100g (0.1kg). If the display flashes between two weights even when your child is standing perfectly still (e.g. 30.5kg and 30.6kg) record the weight as the average of the two values (e.g. 30.55kg).

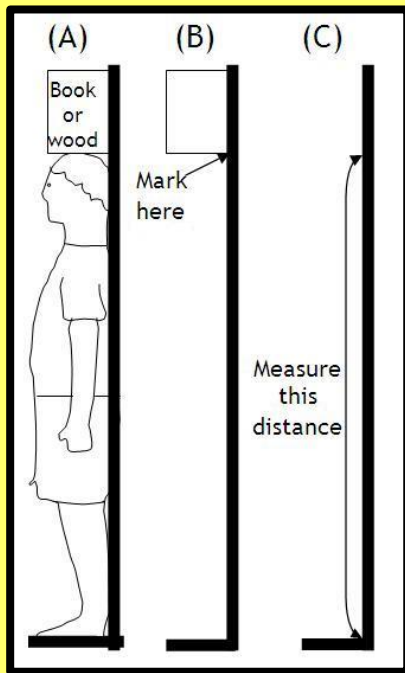
Record weight here:

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 kg

5. What kind of scales did you use?
 - Digital (electronic)
 - Non-digital

HEIGHT



1. Have a pencil ready
2. Use a door frame in a room with a hard floor (not carpet)
3. Ask your child to stand with bare feet:
 - Up straight
 - Feet and heels together, feet flat on the floor
 - Heels and head against the door frame
 - Arms relaxed by sides, with palms facing inwards
 - Without a ponytail, bun, hair ties or clips that might get in the way
4. Gently position your child's head so that he/she is looking straight ahead

5. **Picture A:** use a hardcover book (or piece of wood such as a ruler or other rectangular object with square corners) and place it against the wall. Move it down to rest on top of your child's head. Make sure it is horizontal!
6. **Picture B:** hold the book firmly in place against the wall and ask your child to duck down and move away carefully. Make a small mark at the bottom of the book with the pencil.
7. Repeat the process and make a second mark. The two might not be identical but they should be within 5mm (0.5 cm).
8. If the two marks differ by more than 5mm, repeat the process and make a third mark.
9. **Picture C:** Mark the middle of the two closest marks. Using the long tape measure included in the pack, hold the start of the tape measure at this middle mark, and measure the distance to the floor. Make sure you use the centimetre side, not the inches side. Please record your child's height to the nearest 1mm (0.1cm).

Record height here: . cm

Questions?

Call us on (03) 9345 6732 or email us cats@mcri.edu.au

Please post this completed leaflet back to us in the reply paid envelope provided.

Thank you!