Measuring Weight
Infants: Birth - 2 years

Step 1 — Dress Code
Weigh infant wearing light underclothing or a clean dry diaper.

Step 2 — Center Child on Scale
Balance and zero the scale including the paper drape
Place infant on the center of the scale platform

Respect Privacy
Provide a private area for:
• Clothing removal
• Taking and discussing measurements

Alternate Weighing Method
1) Weigh both caregiver and child
2) Weigh caregiver alone
3) Subtract caregiver's weight from the combined weight

Step 3 — Read and Document the Measurements
Read measurement to nearest 1/2 ounce (0.01 kg) and write it down.

Conversion Chart

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Ounces</th>
<th>Decimal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/8</td>
<td>2</td>
<td>.125</td>
</tr>
<tr>
<td>1/4</td>
<td>4</td>
<td>.25</td>
</tr>
<tr>
<td>3/8</td>
<td>6</td>
<td>.375</td>
</tr>
<tr>
<td>1/2</td>
<td>8</td>
<td>.5</td>
</tr>
<tr>
<td>5/8</td>
<td>10</td>
<td>.625</td>
</tr>
<tr>
<td>3/4</td>
<td>12</td>
<td>.75</td>
</tr>
<tr>
<td>7/8</td>
<td>14</td>
<td>.875</td>
</tr>
</tbody>
</table>

For more information on accurately measuring infants, children and adolescents, visit www.dhcs.ca.gov/services/chdp/
Select Support and Educational Materials.

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