
Subject: Height & Weight Screening
Source: Early Head Start Performance Standards 1304.20

Policy

Each child will be periodically weighed and measured to assess and track their individual growth and development.

Procedure

HEIGHT

1. Children will be measured twice a year (Fall & Spring).
2. Teachers should assist children by taking off their shoes when measuring them.
3. For toddlers, attach a height ruler to the wall with the bottom of the ruler at the same level as the floor in which the child standing. For reliable results, measure the child on a hard, flat surface rather than carpeting.
4. Staff should record exactly what the measurement shows as the child's height onto the child's growth chart, located in the Screening section of the child's binder.
5. For infants, lay child on the infant measuring board. Be sure this is placed on a flat surface. The infant's feet should be placed firmly against the footrest, and the upper measuring tool should be slid toward the infant's head.

WEIGHT

1. Children should be weighed twice a year (Fall & Spring).
2. Teachers should assist children by taking off their shoes when weighing them.
3. Make sure the scale is placed on a hard, flat surface
4. Allow the scale to be turned on first (if electronic), then have child step on the scale and stand still.
5. Staff should record exactly what the scale shows as the child's weight onto the child's growth chart, located in the Screening section of the child's binder.
6. The Nutrition Consultant may have special recommendations for children who are underweight or overweight. In such cases the parents, teachers and Management Team will be involved in the planning and implementation of any specific recommendations.