WCMCA Head Start Heights and Weights

FES Name:

Child's Name (First & Last)	**Fall: Due Oct. 31st**			**Spring: Due Mar. 31st**		
	Date	Height	Weight	Date	Height	Weight

Comments:

Procedure:

1. Remove shoes, hats, heavy clothing and hair accessories (if they interfere with measurement.) Diapers should be dry and clean.
2. Child should stand tall with feet flat and heels together, facing away from the measuring tool.
3. Weight should include ounces. (ex 42.6)
4. Height should be recorded to the closest 1/8 inch, or at least to the closest 1/4 inch, depending on measuring tool.
5. Compare the current height and weight to the previous one. Note any discrepancies. Recheck if necessary and record results.