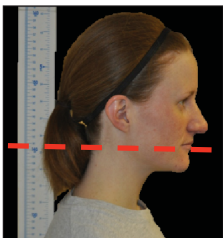


1. Ask the child to remove their shoes, socks and any hair ornaments, jewellery, buns, or braids from the top of the head.
2. Ask the child to stand upright with their heels touching the back of the platform. Ensure they are positioned facing forwards with their heels and buttocks in contact with the vertical board.
3. Move indicator so that it is touching top of head, but not pressing down.
4. If the child has a hair style which stands well above the top of their head, (or is wearing a jooora or turban) record this on the back of the recording sheet to the nearest mm. If the respondent is wearing a jooora, or other religious headwear, explain to them what you want to do first and be guided by the child. **Never touch religious headwear without obtaining consent from the child first.**



5. Make sure the child's head is facing forward (not tilted up or down) with eyes looking straight ahead. As a rule of thumb, the eyes should be roughly level with the top of the ears.

6. Explain to the child what you are going to do in Step 7.
7. Cup the child's head in your hands, placing the heels of your palms either side of the chin, with your thumbs just in front of the ears, and your fingers going round towards the back of the neck.



8. Ask child to breathe in.
9. Firmly but gently, lift the child's head upwards towards the head plate, ensuring their heels are kept on the floor and taking care not to alter the level of the head (i.e. Step 5).
10. Release the pressure and allow the child to stand relaxed. If the measurement has been done correctly, the child should be able to step off the measure without ducking their head.
11. Record the reading to the nearest mm.

12. Take a repeat measurement (the child must step off the measure between readings), go from step 5.
13. If the two measurements disagree by more than 4mm, take a third measurement.

Notes:

- a) Record on the back of the recording sheet, anything that may affect or interfere with the measurement (for example, refusal to remove shoes, hairstyles and accessories, or posture problems, e.g. bow legs, arthritis)
- b) If you were unable to obtain the height for whatever reason, write the reason in the comments section on the back of the recording sheet.

**ENSURE THAT YOU USE THE ANTIBACTERIAL HAND GEL PROVIDED
IN BETWEEN EACH CHILD MEASURED AND THAT THE PLATFORM OF
THE MEASURE IS CLEANED USING ANTIBACTERIAL SPRAY**

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