



Appendix DD.1
Feeding My Baby Study
Home health care Agency form - Length/Weight - ENGLISH

ID label

Date: ____/____/20____

Measurements

Clothing: Child should wear only diapers

1. **Recumbent length** (use length board with fixed headpiece and adjustable footboard)
 - a. Use NHANES standard procedures
 - b. If unable to capture acceptable length, reposition child and re-measure

|__|__|. |__| cm.

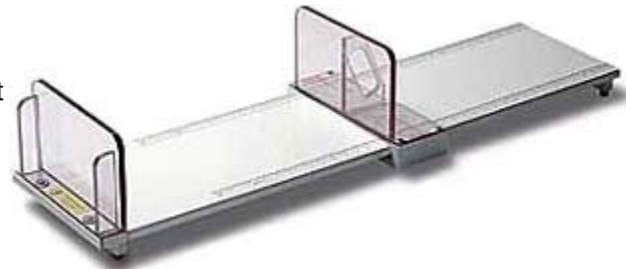
2. **Weight** (use portable calibrated scale)
 - a. Use NHANES standard procedures

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- a. Cover length board with paper
- b. Lay child on length board with head towards headpiece in Frankfort horizontal plane
- c. Have caretaker apply gentle traction to bring the top of head in contact with fixed headpiece and secure head by lightly cupping palms of hands over ears
- d. Align legs by placing one hand gently but with mild pressure over knees
- e. With other hand slide foot piece to rest firmly at child's heels
- f. Toes should point directly upward with both soles of feet flexed perpendicular against footboard.
- g. To encourage child to flex feet, run tip of finger down inside of foot
- h. Read measurement on length board that corresponds with the foot piece
- i. If unable to capture acceptable length, reposition child and remeasure

Length Boards for Measuring Infants

A recumbent measuring board should have a firm, flat base with an attached measuring tape, a fixed perpendicular headpiece and a smoothly sliding foot piece constructed of a durable material like wood or plexiglass that is easy to clean. The foot piece must form a 90° angle with the measurement surface. All edges must be smooth and finished. Measurements should be readable to the nearest 1/8 inch. The



board should be placed on a secure table with enough room for the Assistant to be able to stand behind the back of the head of the child.

Weight (use portable calibrated scale)

- c. Infants – standard scale

- i. If use standard scale, weigh caretaker first
 - ii. Tare scale
 - iii. Hand caretaker the child
 - iv. Capture weight of child
- d. Infants – infant scale
 - i. Cover scale with paper
 - ii. Place child on back or sitting, in center of tray
 - iii. Capture weight of child
- e. Toddlers
 - i. Have child stand on center of scale with hands by side
 - ii. Record weight

Scales for Weighing Infants

Infant beam balance or digital scales are appropriate to use for weighing infants. Beam balance scales should be marked in increments of 1 ounce or less. They should have a screw-type zeroing adjustment. There should be two sliding weights on a beam balance scale, one for whole pound increments and a second for ounces. Digital scales should read to one ounce or less. Both types should have features that allow for calibration.



Note that the measuring device pictured on this type of scale should not be used to measure height.

