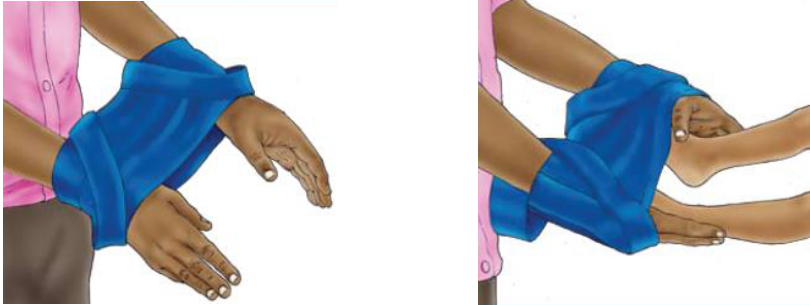


## How to Weigh Infants and Young Children

### If the infant weighs less than 25 kg:



1. Check the scale daily against a known weight. If the measurement is off by 10 g or more, change the springs or replace the scale.
2. Hook the scale to a tripod or a stick that two people hold horizontally at eye level.
3. Hang the weighing pants from the lower hook of the scale. Make sure the scale arrow is at "0" with the weighing pants attached ("zero the scale").
4. Undress the child completely and place him or her in the weighing pants. Make sure one of the child's arms passes in between the straps so he or she does not fall.
5. Make sure the child hangs feely and is not holding on to anything.
6. When the child is settled and the arrow is steady, read aloud the child's weight **at eye level** in kg to the nearest 100 g (for example, 6.4 kg).
7. Ask another health worker to repeat the weight for verification and record it.

#### Materials needed

Functioning weighing scale for children that measures weight in kg to the nearest 100 g

○ Hanging scale

OR

○ Infant spring-type scale (for children weighing less than 25 kg)

#### To weight an infant on a scale:

1. First weigh the caregiver and then weigh the infant with the caregiver.
2. Subtract the caregiver's weight from the combined weight measurement of the infant with the caregiver to get the infant's weight.

### If the infant or child weighs more than 25 kg:

1. Ask the caregiver to undress the child completely.
2. Put a soft cloth or the child's wrap on the scale to protect the child from the hard surface.
3. Read and record the weight.

#### Materials needed

Functioning weighing scale for children that measures weight in kg to the nearest 100 g

**Errors** include weighing a child with too much clothing and using inaccurate scales.