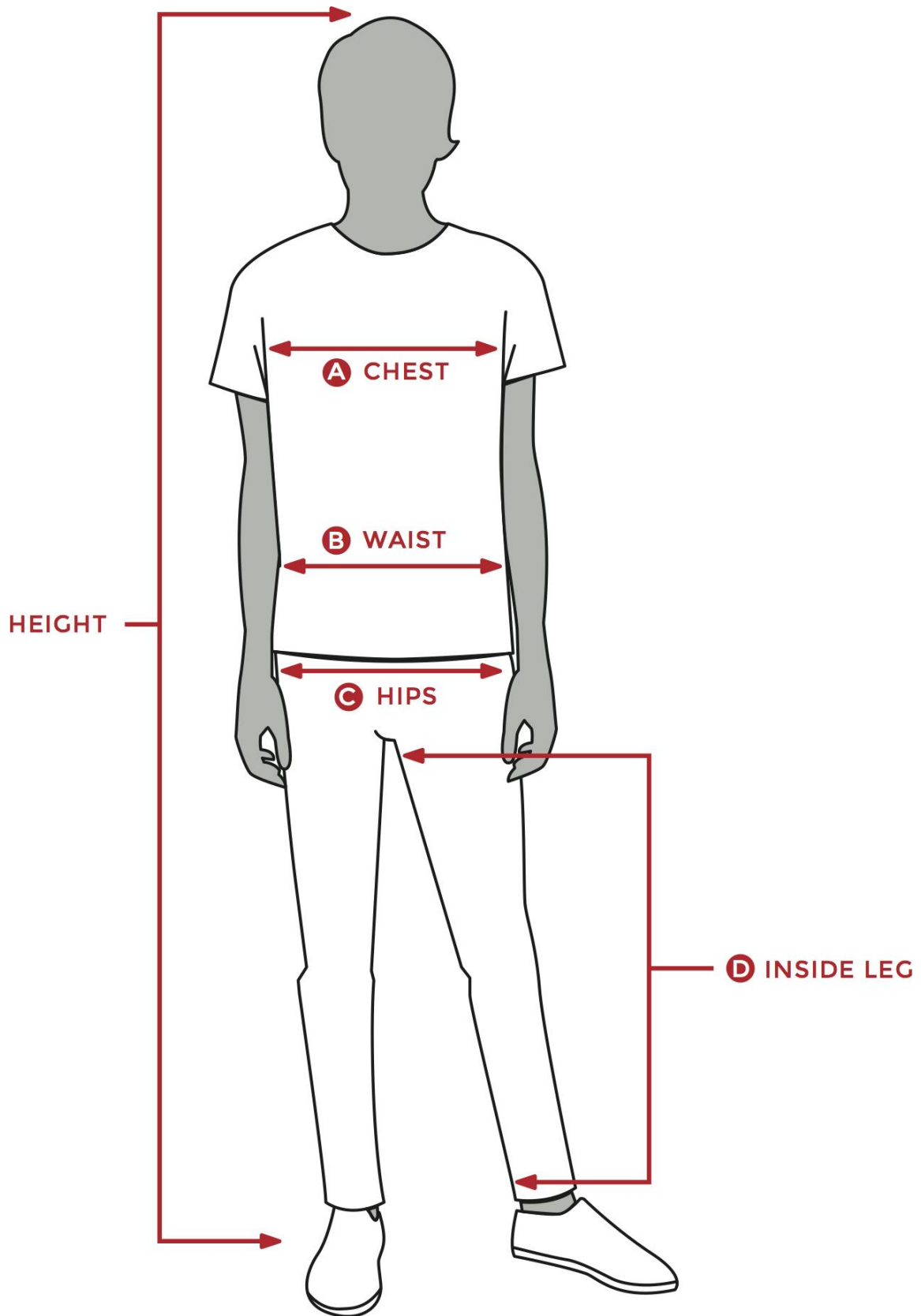


MEASURING YOUR CHILD AT HOME



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Height

Get your child to stand barefoot, and measure from their heel to the top of their head. It can be easier to make a mark on a wall or doorframe and measure their height from there - it's also a fun way for you to track how much they've grown.

Chest

Wrap a measuring tape around your child's chest, just under the arms at the widest point is best. Leave a little room for extra comfort.

Waist

Measure around the natural waistline which is just above the hips, holding the tape lightly loose for a comfortable fit.

Inside leg

Measure from the top of the thigh to where the bottom of the trouser should fall. It's easiest to take this measurement when your child has shoes on in order to get an idea of where the trouser leg will rest above the shoe.

Hips

Standing with their legs together, measure around the widest part of your child's hips.

Neck

Carefully measure around the neck where the collar will sit, placing two fingers in between the tape so it's not too tight a fit.