

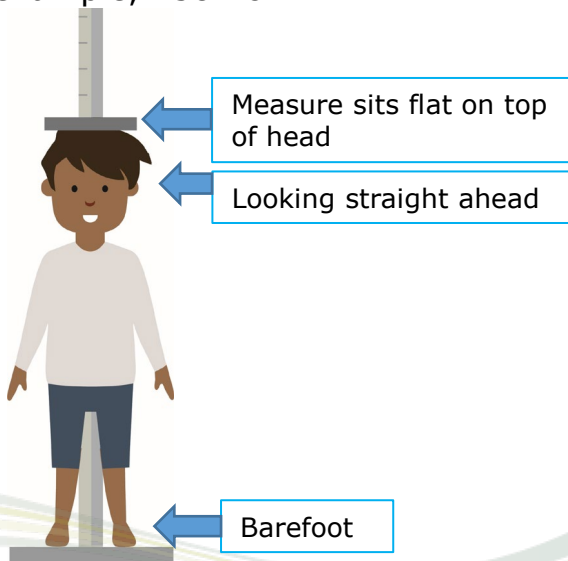
Height

Before you measure:

- Set up the stadiometer against a flat wall surface.
- Ensure the child is barefoot and removes any hats or hair accessories that might impede accurate measurement.

To measure:

1. Ask the child to stand with their heels, bottom and upper back touching the back of the stadiometer.
2. Ensure the child is looking straight ahead and standing upright.
3. Slide the measure down until it rests horizontally on top of the child's head.
4. Read and record the height in centimeters to one decimal place, for example, 158.7cm.



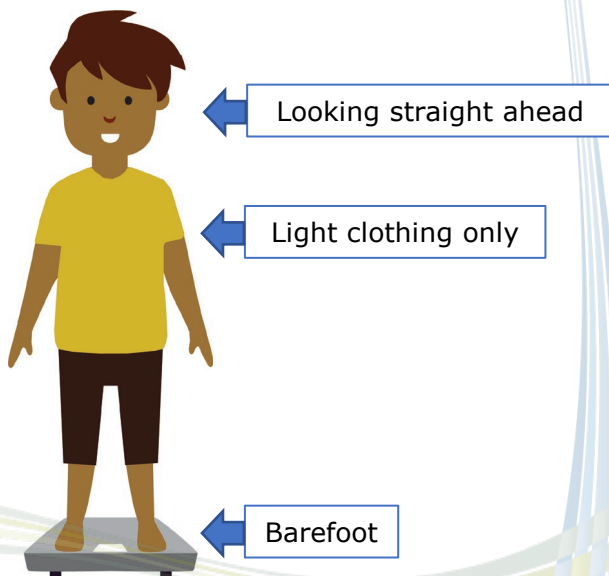
Weight

Before you measure:

- Set up the scales on a flat surface.
- Ensure the child removes their shoes, any bulky clothing, and objects from their pockets, such as phones or coins.
- Ask the child to stand normally upright and look straight ahead.

To measure:

1. Ensure the scales are reading zero.
2. Ask the child to step on the scales, look straight ahead and remain steady until the numbers stop changing.
3. Record the weight in kilograms to one decimal place, for example 61.8kg.



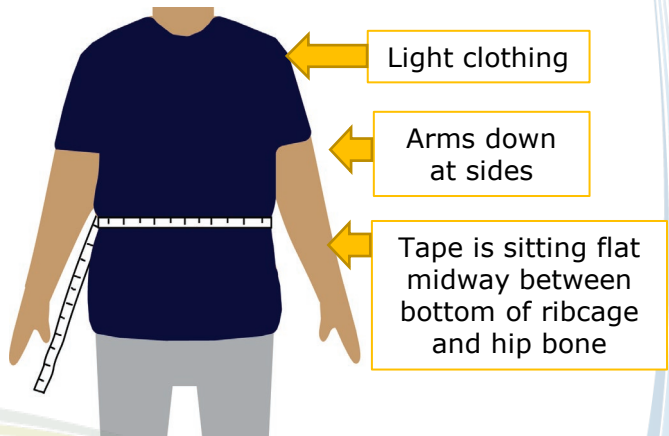
Waist circumference

Before you measure:

- Ensure the child removes any bulky clothing, such as jerseys or sweatshirts.
- Ensure the child is standing normally upright with their arms down at their sides.

To measure:

1. Place measuring tape around the child's waist, at the midpoint between the bottom of their ribcage and the top of the hip bone.
2. Ensure the tape is flat and horizontal all the way around and is not pulled too tightly.
3. Read the measurement just after the child breathes out.
4. Record the waist circumference to the nearest one decimal place, for example, 45.5cm.



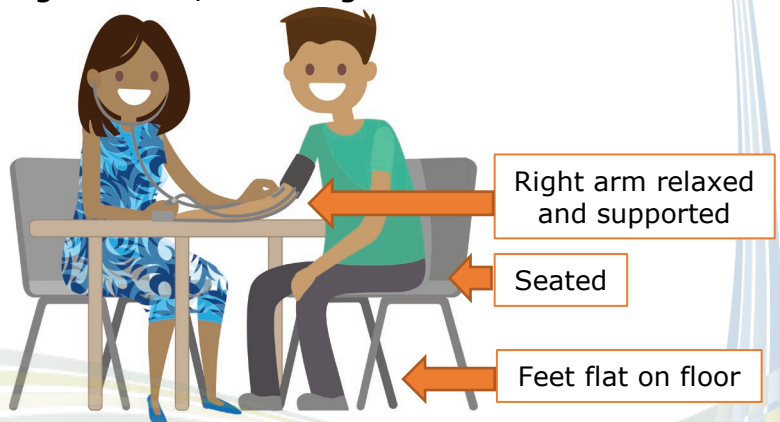
Blood pressure

Before you measure:

- Ensure the child is resting in a chair 3-5 minutes prior to measurement.
- Check that an appropriately sized cuff is used.
- Ask the child to remove any bulky clothing that will interfere with the measurement.

To measure:

1. Ensure the child is sitting on a chair with their feet flat on the floor and arm supported.
2. Place the cuff on a bare arm (preferably the right arm) at the level of the heart.
3. Instruct the child to keep their arm relaxed and not to clench their fists during the measurement.
4. Take three blood pressure measurements, discarding the first and recording the second and third, for example, 121/80mmHg and 123/78mmHg.



Blood glucose

Before you measure:

- Note down whether the child has had anything to eat or drink (apart from water) in the last 8 hours.
- "*Fasting*" means the child has not eaten in the last 8 hours and "*random*" means that they have.
- The best location for a finger prick is the third or fourth finger of the non-dominant hand.

To measure:

1. Cleanse the chosen fingertip with alcohol, wipe dry and allow fingertip to air dry.
2. Align the lancing stick off to the side of the centre of the finger. Never use the tip or centre of the finger – see image.
4. Wipe away the first drop of blood (tends to contain excess tissue fluid). Then obtain enough blood to fill the strip completely.
5. Insert strip into meter and record the reading number in mmol/L, as well as the child's fasting status.



Use third or fourth finger

Align lancing stick to the side of the centre

Blood cholesterol

Before you measure:

- Note down whether the child has had anything to eat or drink (apart from water) in the last 8 hours.
- "*Fasting*" means the child has not eaten in the last 8 hours and "*random*" means that they have.
- The best location for a finger prick is the third or fourth finger of the non-dominant hand.

To measure:

1. Cleanse the chosen fingertip with alcohol, wipe dry and allow fingertip to air dry.
2. Align the lancing stick off to the side of the centre of the finger. Never use the tip or centre of the finger – see image.
4. Wipe away the first drop of blood (tends to contain excess tissue fluid). Then obtain enough blood to fill the strip completely.
5. Insert strip into meter and record the reading number in mmol/L, as well as the child's fasting status.

