

# Alaska CUBS

## How to measure your 3-year-old child's height at home

Find the tape measure we sent you or another available tape measure and follow the steps below to measure your child's height.

### Instructions:

1. Find a place indoors next to a smooth flat wall.
2. Take off your child's shoes and place your child's back to the wall. Make sure the heels of his or her feet touch the wall.
3. Put a book on your child's head, with the side of the book completely flat against the wall.
4. Mark where the bottom of the book meets the wall and ask your child to step away.
5. Measure the distance from the floor to the mark on the wall. Record to the nearest quarter inch.

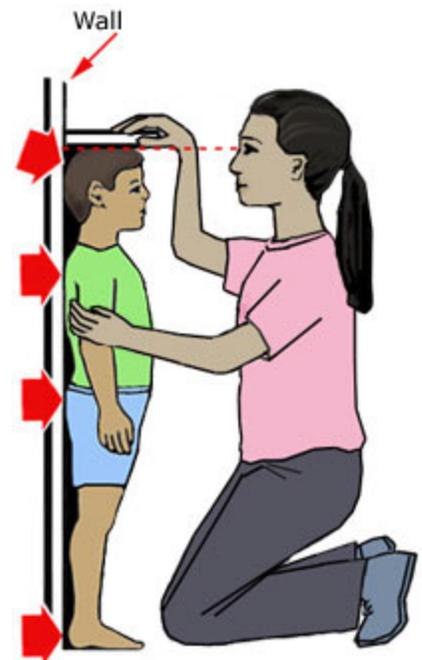


Image courtesy of CDC