



# Measuring and Plotting Activity Sheet

The activities below are intended to supplement the Measuring and Plotting learning materials.

Key topics include:

- Measuring accurately
- Plotting accurately

Before completing this section, ask your instructor or a trained colleague to demonstrate best practice in measuring a child's weight, height/length and head circumference.

## Activity 1 – Measuring accurately

Mark each statement below as True  or False  regarding best practice in measuring child growth accurately:

1. If necessary it is OK to measure length using a tape measure.  
True  False
2. For hygiene reasons it is best to weigh babies with nappies on.  
True  False
3. Shoes should always be removed for measurement of height or weight.  
True  False

## Activity 2 – Plotting accurately

**Scenario:**  
 Stephen was born at term on 21/1/2008 weighing 3.5 kg and his head circumference was 35cm. When Stephen was 8 weeks his weight was 4.7kg.  
 Mum has brought him to the clinic today (28/10/08) concerned about his weight gain. His weight today is 8.4 kg and his length 71.5cm.

Plot all the measurements for Stephen on the correct chart and answer the questions below:

1. What was the weight centile at birth? \_\_\_\_\_
2. What was the head circumference centile at birth? \_\_\_\_\_
3. What was the weight centile at 8 weeks? \_\_\_\_\_
4. How old is Stephen today? \_\_\_\_\_
5. What is his weight centile today? \_\_\_\_\_
6. What is his height centile today? \_\_\_\_\_

## Activity 3 – Correct Centile Terminology

Look at the chart section on the right and answer the questions:

1. What centile position is point C? \_\_\_\_\_
2. What centile position is point A? \_\_\_\_\_
3. What centile position is point B? \_\_\_\_\_
4. What centile position is point D? \_\_\_\_\_
5. How far apart are points D and C? \_\_\_\_\_  
\_\_\_\_\_

