

HEIGHT MEASUREMENT INSTRUCTIONS FOR CHOMPIONS!



MATERIALS YOU WILL NEED

THINGS YOU WILL RECEIVE FROM US

- A fabric measuring tape

THINGS YOU WILL NEED FROM HOME

- Your smartphone or computer (to access the instructional videos)
- Tape
- A pen and paper (to record height)
- A clipboard or a flat piece of cardboard

OVERVIEW: CHECKLIST OF STEPS TO RECORD YOUR CHILD'S HEIGHT

1. Locate the 60-inch fabric measuring tape that we sent you as a part of the Chompions materials. This should have arrived from Amazon around the same time as the digital scale.
2. Find a flat wall or door.
3. Smooth out your measuring tape. The side with inches should be facing you. The side with '0 inches' should be closest to the ground.
4. Carefully tape the fabric to the wall. Tape the bottom of the tape to the base of the wall.
5. Pull the measuring tape tight, smoothing out creases as you go, and tape the top of the measuring tape to the wall. Make sure the tape is as straight as possible.
6. Have your child remove any shoes, hats, ponytails, or other hair accessories.
7. Have your child stand against the wall in front of the measuring tape. Their feet should be together. Instruct your child to look straight ahead.
8. Place a flat object (like cardboard or a clipboard) on top of their head and keep it level.
9. Use a pencil to mark where the bottom of the flat object touches the measuring tape.
10. Record your child's height in number of inches to the nearest quarter of an inch.

Nancy Zucker, Ph.D.

Nancy Zucker, PhD
Professor of Psychiatry and Behavioral Science
Professor of Psychology and Neuroscience
Duke University