On every visit to the Outpatients Department it is necessary to have your child weighed and measured for most clinics.

**Why must my child be weighed and measured?**
We need to know your child’s weight and height accurately.

**Why do we need to know it so accurately?**
When these measurements are plotted on a chart like the one in the back of your red book, the growth is an indicator of your child’s general health. This can help us diagnose problems early and maintain progress. The amount of medication your child may be given is worked out according to their weight.

**What can I do to help my child?**
Your child will be weighed and measured by a member of the nursing staff before you see the doctor. You will be taken into a room designated for this purpose to maintain privacy and dignity. It is necessary to explain to your child that they need to get undressed down to vest and pants (Jeans can weigh up to 3 kilograms). Babies will be weighed nude. Teenagers may wish to wear or bring a pair of shorts.

**Who do I contact if I need anymore information?**
Do not hesitate to speak to any member of staff caring for your child.

If you have any queries contact:

Susan Ashmore  
Growth and Measurement Link Nurse  
Out Patients Department  
Sheffield Children’s Hospital

0114 271 7299 or 0114 271 7051
HAVING A CHILD
WEIGHED AND MEASURED

Susan Ashmore
Growth and Measurement Nurse
Growth and Measurement Department
0114 271 7497

For Further advice contact:
Sheffield Children’s NHS Foundation Trust,
Main hospital number: 0114 271 7000

Patient Advice and Liaison Team
Sheffield Children’s NHS Foundation Trust
Western Bank
Sheffield
S10 2TH

Tel: 0114 271 7594
Trust web site address:
http://www.sheffieldchildrens.com