

# Height and Weight Measurement

## Policy

Each Head Start child's height and weight will be taken twice each year and assessed to identify any potential health concerns.

## Procedure

- Staff will measure the height and weight of each child at their site. This will be done once in the fall and again in the spring.
- Measurements will be documented and sent to the Head Start office.
- Each child's family will receive a personalized growth chart and applicable information about wellness and nutrition by staff after the second measurement.
- Children whose height and/or weight fall into an "at risk" category will be referred to their health care provider for follow-up.

This policy complies with Head Start Performance Standard 45CFR Section 1304.23

Approved by Policy Council of February 16, 1999.

Revision Approved on 3-22-2005.

Revision Approved on 6-8-2016.