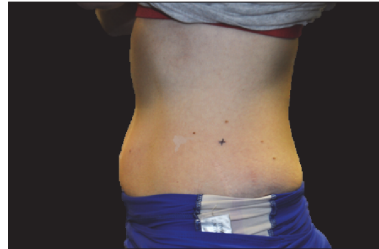


1. Ask the child to stand feet shoulder width apart with their arms crossed over the chest. It may help to tell the children to think of giving themselves a hug.
2. Explain to the child what you are going to do, and that you are going to have to lift their t-shirt.

3. Feel the upper right hip bone of the child until you locate the border of the iliac crest. Draw a short horizontal line just above this border. Draw a short vertical line to cross this mark, level with the centre of the body.



4. Repeat on the left side.



5. Extend the tape around the waist, ensuring that the bottom edge of the tape is on the horizontal line of the crosses. Check that the tape sits parallel to the floor, rests firmly but does not compress the skin, is not twisted and no clothes are caught under the tape. Always position the zero end of the tape below the section containing the measurement value and check that the child is not breathing in.

6. Record the measurement to the nearest mm.
7. Remove the tape measure and repeat from Step 5.
8. If the first two measurements disagree by more than 4mm, take a third measurement.

**ENSURE THAT YOU USE THE ANTIBACTERIAL HAND GEL PROVIDED
IN BETWEEN EACH CHILD MEASURED**