

Measuring with a growth chart

Rationale:

Maths and numeracy concepts like height and measurement are easier for children to understand when they can relate them to something real – like themselves. A growth chart is easy to make. When you put it somewhere prominent, like in a doorway or the hall, your child is reminded of the concepts every time he walks by.

Age range information

3-6 years

What you need

For charts drawn on your wall or door, you will need:

- Tape measure
- Pencil

For paper growth charts, you will need:

- Tape measure
- Paper
- Scissors
- Glue or sticky tape.
- Crayons, pencils or paints, stickers and other things for decoration.

How to do it

1. You can make a simple growth chart by marking heights in pencil directly onto a wall, doorway or the long, thin edge of a door. If you do not want to write directly on the wall, you could write people's names and the date on strips of paper and stick them on the wall at the appropriate height. Alternatively, you can make a paper growth chart that is easier to remove. Join paper into one long strip. Help your child mark the correct measurements along one edge, or you could glue a long tape measure to one side. Your child could decorate the chart – just make sure he leaves room for marking his height as he grows.
2. Mark the measurements of family members on the chart.
3. Talk about the heights on the chart. Who is the tallest? Who is the shortest? Can your child order everyone in the family by height?

4. Come back to the chart every few months and measure the family again. Talk about what has changed. Who has grown taller? Who has grown the most? Who has stopped growing?

Children should take care with self-retracting tape measures. They can be fun, but the edges are dangerous when they retract quickly.

Adapting for children of different ages

If your younger child finds it hard to understand the numbers on a tape measure, just mark his height and your height on the wall chart and show him the difference. You can put your hand on the top of your child's head and show him how the line on the chart is the same height. Say something like, 'This is how tall you are. And look – this line up here is how tall I am'.

An older child might be able to read the tape measure to measure a younger sibling's height. You could also help him stand on a safe stool or stepladder to measure the height of someone taller.



Recommended Reads by the National Library Board

Recommended Reads

- [What Size Is It?](#)
- [Measuring Height](#)
- [How tall? How wide?](#)