

HOW TO MEASURE YOUR CHILD

Use the following chart to guide you through taking your measurements. You will use these measurements to identify your size for the pattern.

MEASURE AROUND THE BODY

Chest - Around the chest, right under the arm pits with the arms down

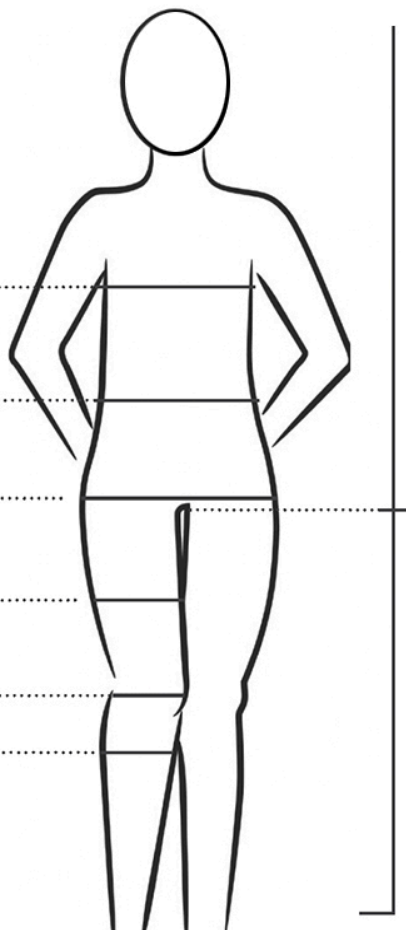
Waist - About 1/4" above the belly button

Full Hip - The fullest part of the hip

Thigh - Midpoint between crotch and knee

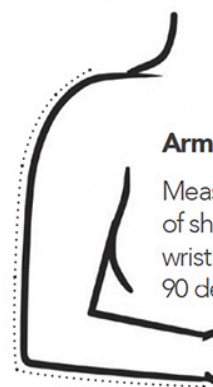
Knee - The center of the knee cap

Calf - The widest part of the lower leg



MEASURE FROM TOP-TO-BOTTOM

Total Height - Vertical distance from the top of the head to the floor



Arm Length - Measured from tip of shoulder bone to wrist with arm bent 90 degrees.

Inseam - Vertical distance from the midpoint of the crotch to the ball of the ankle

PERSONAL MEASUREMENT CARD

Fill in the following measurements to quickly access them for sewing apparel.

Name

Date Measured

Total Height _____

Calf _____

Chest _____

Arm Length _____

Waist _____

Inseam _____

Full Hip _____

Notes: _____

Thigh _____

Knee _____
