

# Better and Safer Care

We can provide better and safer care for your child when we weigh in Kilograms and measure in Centimeters.

Although most American families measure a child's weight in pounds and length/height in inches, the doctors and nurses at pediatric hospitals need to know this information in kilograms and centimeters.

## Why is this important?

Children often need smaller amounts of medications than adults. Accidentally calculating the amount of medication using the weight in pounds instead of kilograms can result in a child getting more medicine than they should.

## We want your child to be safe.

In order to provide safer care and prevent medication errors, RMHC has put the following precautions in place:

- Our scales only provide metric (kilogram/centimeter) measures of weight and height.
- Your child's weight in kilograms and height in centimeters is recorded on your child's medical record in a prominent place, so that everyone providing care has accurate information.
- We only provide information related to height and weight in metric form (centimeters and kilograms) in order to avoid confusion when calculating dosages.

## Why are we providing this chart?

We believe that it is important for you to be a part of your child's care and want to provide information that is accurate and easy to understand. When we refer to your child's weight or height using metric measurements, this chart can be used to convert kilograms into pounds and centimeters into feet/inches.

PLEASE NOTE: Over-the-counter medicines are usually dosed by age or pounds. Please read labels carefully.



**Rocky Mountain Hospital for Children**

Presbyterian/St. Luke's Medical Center

The Medical Center of Aurora

North Suburban Medical Center

Rose Medical Center

Sky Ridge Medical Center

Swedish Medical Center

[www.RockyMountainHospitalForChildren.com](http://www.RockyMountainHospitalForChildren.com)

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# Height & Weight Conversion

Name: \_\_\_\_\_

Date: \_\_\_\_\_

height \_\_\_\_\_ cm weight \_\_\_\_\_ kg

## Feet/Inches > Centimeters

ft	cm	ft	cm	ft	cm	ft	cm	ft	cm	ft	cm
1' 6"	46	2' 4"	71	3' 2"	97	4' 0"	122	4' 10"	147	5' 8"	173
1' 7"	48	2' 5"	74	3' 3"	99	4' 1"	124	4' 11"	150	5' 9"	175
1' 8"	51	2' 6"	76	3' 4"	102	4' 2"	127	5' 0"	152	5' 10"	178
1' 9"	53	2' 7"	79	3' 5"	104	4' 3"	130	5' 1"	155	5' 11"	180
1' 10"	56	2' 8"	81	3' 6"	107	4' 4"	132	5' 2"	157	6' 0"	183
1' 11"	58	2' 9"	84	3' 7"	109	4' 5"	135	5' 3"	160	6' 1"	185
2' 0"	61	2' 10"	86	3' 8"	112	4' 6"	137	5' 4"	163	6' 2"	188
2' 1"	64	2' 11"	89	3' 9"	114	4' 7"	140	5' 5"	165	6' 3"	191
2' 2"	66	3' 0"	91	3' 10"	117	4' 8"	142	5' 6"	168	6' 4"	193
2' 3"	69	3' 1"	94	3' 11"	119	4' 9"	145	5' 7"	170	6' 5"	195

## Pounds > Kilograms

lb	kg	lb	kg	lb	kg	lb	kg	lb	kg	lb	kg
2	1	31	14	60	27	88	40	117	53	146	66
4	2	33	15	62	28	90	41	119	54	148	67
7	3	35	16	64	29	93	42	121	55	150	68
9	4	37	17	66	30	95	43	123	56	152	69
11	5	40	18	68	31	97	44	126	57	154	70
13	6	42	19	71	32	99	45	128	58	157	71
15	7	44	20	73	33	101	46	130	59	159	72
18	8	46	21	75	34	104	47	132	60	161	73
20	9	49	22	77	35	106	48	134	61	163	74
22	10	51	23	79	36	108	49	137	62	165	75
24	11	53	24	82	37	110	50	139	63	168	76
26	12	55	25	84	38	112	51	141	64	170	77
29	13	57	26	86	39	115	52	143	65	172	78

Chart your child's growth online at [www.magicfoundation.org/Growth\\_chart/main\\_growthchart.html](http://www.magicfoundation.org/Growth_chart/main_growthchart.html)

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