

Why am I being measured today?

- It helps us to check your growth and development
- Some medication doses are based on weight, we can adjust how your dose depending on your weight

Weight and height can be difficult topics for some people, you might not want to be measured today.

Please talk to us if this isn't a nice experience for you.

We will ask you whether you want to be told your measurements today.

Some people like to be told and some people don't. Both are ok.

Do I have to be measured?

There is no 'perfect' body or weight.

We are all different shapes and sizes, but it's easy to feel pressure to look or feel a certain way.

How healthy you are, e.g. exercising and feeling good in yourself, is much more important than how you look.

If you're worried about weight or body image, talk to us.

What weight should I be?

