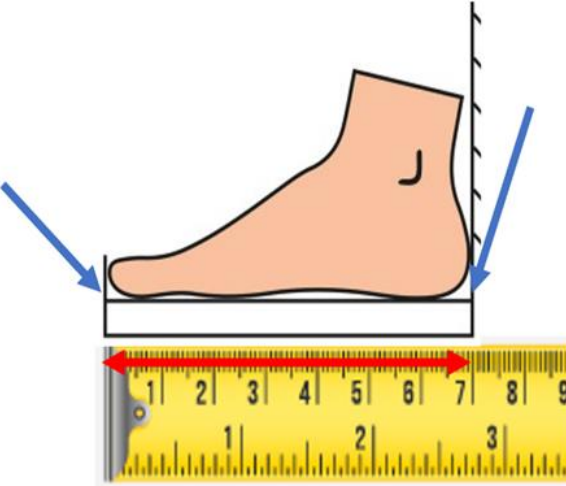


## Method to measure the foot and read of the baby's gestational age

Place the baby's foot flat on a piece of paper, draw a line in front of the big toe and at the heel. Take away the foot and measure the distance between the two lines with a measuring tool.

Then read off the gestational age by using the measurement result of the foot length. For example, the foot in the illustration below is 70 mm. Using the foot-length column, find 70 mm and read off the value in the gestational age column. The gestational age of this baby is 34 weeks.

Gestational age	Foot length (mm)
<24	<44
24	44.1–45.9
25	46–48.9
26	49–51.9
27	52–53.9
28	54–55.9
29	56–58.9
30	59–60.9
31	61–63.9
32	64–65.9
33	66–68.9
34	69–70.9
35	71–72.9
36	73–75.9
37	76–77.9
38	78–80.9
39	81–82.9
40	83–84.9
40+	>85



Foot length is 70 mm

Table from Van Wyk and Smith (2016)<sup>114</sup>

Source: Feeding Preterm and Low-Birthweight Newborns. A one-stop resource document for developing country-specific implementation guidelines, protocols, standard operating procedures and job aids (pages 93-94).

[https://www.up.ac.za/media/shared/717/KMC/feeding-for-preterm-lbw-infants\\_technical-resource-doc\\_-v1.2-2023-10-23.zp243054.pdf](https://www.up.ac.za/media/shared/717/KMC/feeding-for-preterm-lbw-infants_technical-resource-doc_-v1.2-2023-10-23.zp243054.pdf)