

# Measurement Guidelines

## To Order a Standard or Custom Weighted Vest

Take all measurements while the child is dressed. If the child usually wears heavy clothing, such as sweatshirts, measure the child when he or she is wearing the heavy clothing.

The measuring tape should be pulled tightly enough so the tape does not droop, but is given enough slack so that two fingers can be placed between the measuring tape and the body.

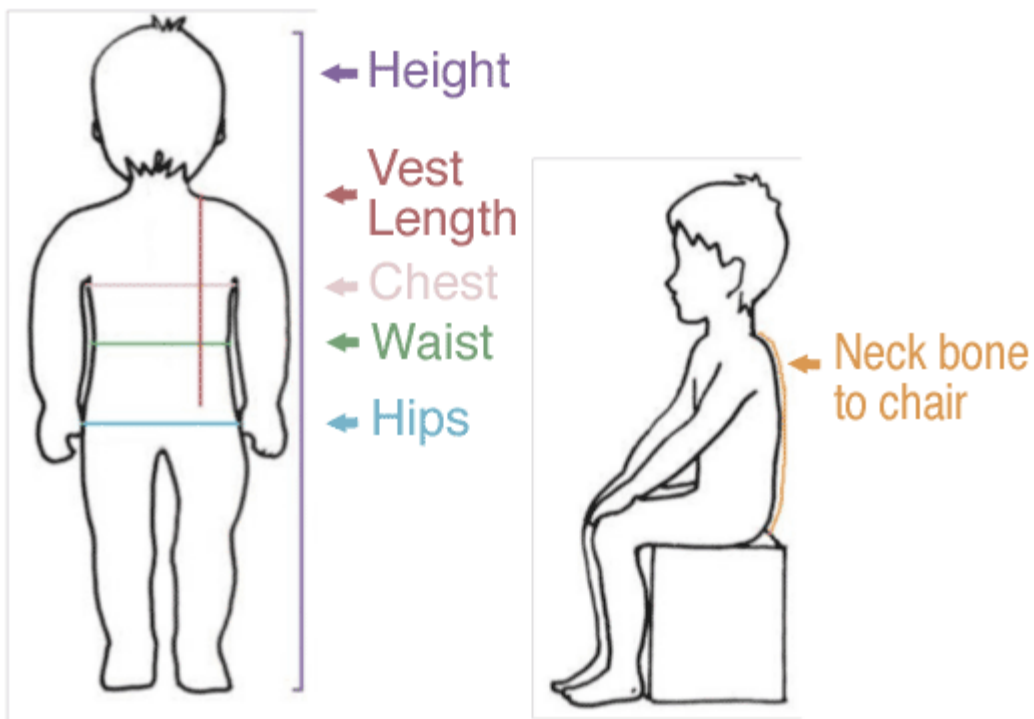
### Growth Room

Growth room will be added to your measurements. Five cm/ two inches of growth room will be added to the vest width. Three cm / 1.5 inches will be added to the length. If your child has stopped growing and you do not want growth room added, indicate this on the order form.

### Measuring a Wiggly Child

If your child does not want to be measured, the easiest first response is to try again later or to make a game of it. You can measure while the child is involved with something, such as watching TV or playing a computer game. A more difficult and sometimes less accurate time is when the child is sleeping.

### Weight and Measurements Required for a Custom-Made Vest



Weight	Weigh the child. The child's weight may be used to determine the total weight required for the vest. Twelve weights are provided with each vest. The specific size of each weight is determined by the sensory-trained professional supervising the vest order.
Height	(purple on diagram) Measure the child with bare or sock feet. If the child is co-operative, have the child stand with his or her back against the wall, mark the child's height on the wall, and then measure the height indicated on the wall. If the child does not want to stand against a wall, measure the child when he or she is lying down or distracted, e.g., watching TV, and record the best estimate of his or her height. The accuracy of this measurement is not as necessary as the remaining measurements.
Chest	(pink on diagram) Measure the circumference of the child's chest by wrapping the tape measure around the largest part of the chest (underneath the arms).
Waist	(green on diagram) Measure the circumference of the child's waist by wrapping the tape measure around the natural waist (the narrowest section of the trunk). If there is not a defined natural waist, measure across the navel area.
Hips	(blue on diagram) Measure the circumference of the child's hips by wrapping the tape measure around the widest part of the hips.
Vest Length	(red on diagram) Measure vest length by starting where the shoulder meets the neck. Then measure straight down, parallel to the spine, ending where you would like the vest to end. If this measurement is difficult, the "neck bone to chair" measurement can be used instead (see picture). Measure to the chair. We will adjust so there is maximum growth room without the vest rest on the chair when the child is seated. Unless otherwise noted, 3.5 cm / 1.5 inches growth room will be added to the back length.
Neck Bone to Chair	(orange on diagram) If you are uncertain about measuring vest length, the "neck bone to chair" measurement can be used instead. When the child is seated naturally in a chair (do not have the child sit straight for the measurement if the child does not usually sit straight), measure from the bone at the base of the neck (if the child was wearing a necklace, it is where the necklace would sit on the spine) follow down the spine to the chair. We will make the necessary adjustments so the vest does not touch the chair.  Growth room (3.5 cm / 1.5 inches) will be added to the vest length unless: a) you request not to add growth to the length, or b) by adding growth room, the vest will rest on the chair.  Below is a guideline of this length based on height. If your child is long or short-waisted, your measurement will be different from the guideline. Vests can be somewhat longer than the guidelines suggest but cannot be made much shorter and still have adequate room for the pockets.

Vest Length Guidelines	
Child's Height	Vest Length
90 cm / 35 in	30-33 cm / 12-13 in
100 cm / 39 in	33-36 cm / 13-14 in
110 cm / 43 in	36-41 cm / 14-16 in
120 cm / 47 in	38-46 cm / 15-18 in
130 cm / 51 in	41-48 cm / 16-19 in
140 cm / 55 in	43-51 cm / 17-20 in

**Measurements are recorded for each custom made product.**

Invoice number, size and measurements can be found inside the front left hemline pocket, written on the back of the care & content tag for all custom made vests.

**Attention tabs / Fidget tabs:**

On the left side of the neckline is a metal D-ring if you would like to attach a chew toy. If the D-ring is a distraction, it can be hidden by tucking the ring into its pocket.

At the hemline, there are 2 D-rings to attach attention or fidget toys.

All D-rings can be cut off without damaging the vest.

**Price and Standard Weights**

InnovAID can customize our vests in a variety of ways to suit your needs. The price will vary depending on the number and extent of the customizations. Most changes can be made for an additional \$20 to the base price that is listed on the chart below. You must know the chest measurement in order to determine which price category applies to you.

**Metric Measurements**

Size	Approx. Age (very rough estimate)	Chest with clothes (cm)	Each weight (grams)	Total weight for vest (grams)	Basic price for custom vest	Price for standard vest
Extra Small	Less than 5	Less than 48			\$119.99	\$99.99
Small	5	48-61	55	660	\$124.99	\$104.99
Medium	8	62-71	115	1380	\$129.99	\$109.99
Large	10	72-84	225	2700	\$134.99	\$114.99

### Imperial Measurements

Size	Approx. Age (very rough estimate)	Chest with clothes (in)	Each weight (oz)	Total weight for vest ( lb)	Basic price for custom vest	Price for standard vest
Extra Small	Less than 5	Less than 19	2	105	\$119.99	\$99.99
Small	5	19-24	2	1.5	\$124.99	\$104.99
Medium	8	25-28	4	3	\$129.99	\$109.99
Large	10	29-33	8	6	\$134.99	\$114.99

Our weights come in 2 shapes: The J-shaped neck weights and the rectangular body weights.

Each basic size category (small, medium and large) comes with a default weight (see chart above). These weights are NOT based on research. Please order weights to suit your needs, not based on the default amount. There is no extra charge for changing from the default weights. For example, if you ordered a small vest, the default is 12 – 55 g / 2 oz weights. You could change it to 4 – 115 g / 4 oz neck weights and 8 – 225 g / 8 oz body weights. Or you could change it to 4 – 115 g / 4 oz neck weights and 4 – 55 g / 2 oz body weights 4 – 225 g / 8 oz body weights. **Note: 16 oz = 1 lb**

Weights are usually ordered in groups of four, one for each pocket in a row.

The chart on the printable form allows you to quickly request the weights you want for the vest. In the example below, the person ordered 4 – 115g/4 oz neck weights, 4 – 55 g / 2 oz body weights and 4 – 115 g / 4 oz body weights.

Weight shape	55 g / 2 oz	115 g / 4 oz	225 g / 8 oz	other
Neck / body		4		
Neck / body	4			

### Placing Weights in Pockets

Inside the vest are 12 pockets. All pocket openings are located in the lining of the vest. Pocket openings are 7 cm (3 in).

*Neckline pockets* — enter neckline pockets through inside shoulder seam, under the hook and loop tape. Curved end of weight should sit at centre front or centre back area. The labelled end of the weight should be near the pocket opening.

*Chestline pockets* — enter through 4 openings along inside seam in the chest area, two in front and two in the back.

*Hemline pockets* — enter through 4 openings along inside seam at waistline in both front and back.