

# Uniform Fitting Guide

To assist families in determining the correct sizing for students, the following guidelines are useful when taking your child's measurements.

## Neck

Always keep the tape measure level and straight and measure around the base of the neck (make sure head and chin are in a natural position). Allow for one or two fingers in between neck and tape for a comfortable fit.

## Chest/Bust

Position the tape measure under the arms. Measure across the fullest part of the chest/bust and over the shoulder blades. Your child should not hold their breath. Arms should be in a relaxed, natural position. Look for a natural fit that allows your child to perform their daily tasks.

## Waist

Make sure to measure around the natural waistline where your child would normally button their shorts/skirts. For a comfortable fit, keep a spacing of one or two fingers between the tape and waist. Your child should be relaxed and not suck the belly in – or push it out.

## Hips

Have your child stand upright and relaxed, placing legs close together. Measure around the fullest point of the hips while keeping the tape level.

## Finding your child's size

You should now have all the measurements to find the correct size. Please refer to the Flexischools app for sizing and measurements. Please keep in mind that it is best to allow for growth room when selecting sizes.