Better Parenting

Measure in Everyday Life

Measure with everyday objects and describe what you find.

Helps Your Child Grow



Measurement

Measuring with informal units in several ways gives your child experience comparing object properties before they encounter standard units.



Vocabulary

Using words for length, size, and other object properties while measuring and comparing helps your child understand and apply descriptive vocabulary.

Steps

- Standard units such as meters and kilograms can feel abstract to a young child. Begin with informal measurement using their body or familiar household objects to compare length, capacity, and weight.
- For length, use hand spans, footsteps, shoes, blocks, or a piece of thick string: “The table is six hand spans long.”
- For capacity, use cups, spoons, bottle caps, or small buckets: “The pitcher holds four cups of water.”
- For weight, let your child hold, lift, or carry two objects: “The apple feels heavier than the orange.”
- Everyday routines offer natural chances to measure and compare. Your child might scoop half a bowl of rice while cooking or lift two bags to find which feels heavier.
- Experiences like these help your child build practical ideas of longer and shorter, more and less, and heavier and lighter before learning standard units.

Tips

- Invite your child to count as they measure: “One block, two blocks, three blocks,” “How many steps?” or “How many cups of water?”
- Gently model consistent measuring: place units end to end, without overlaps or gaps, and keep measuring in the same direction.

Observations

- ◯ Measures the length of the table using their palm as a unit
- ◯ Sorts several objects by weight