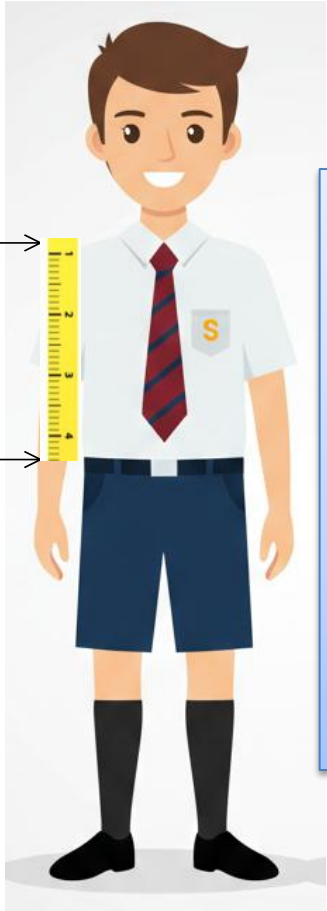




**"Welcome to our Self-  
Help Size Guide Tutorial"**

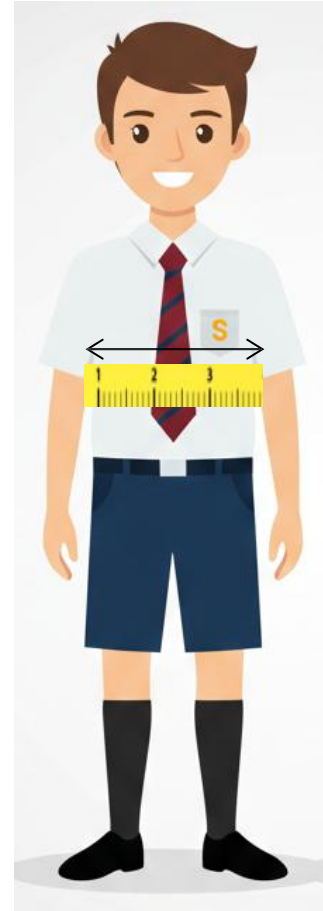
You will be in need of **2 measurements** to know the required **Shirt, Shirt Size, Sports Uniform Shirt & Pullover Size.**

1. Length
2. Chest



## SHIRT LENGTH

- Make the child stand straight with the right hand stretched down naturally.
- Place the tape at the neck–shoulder joint.
- Bring it straight down to the bottom of the thumb (or to the desired length).
- Read and record the measurement in inches.



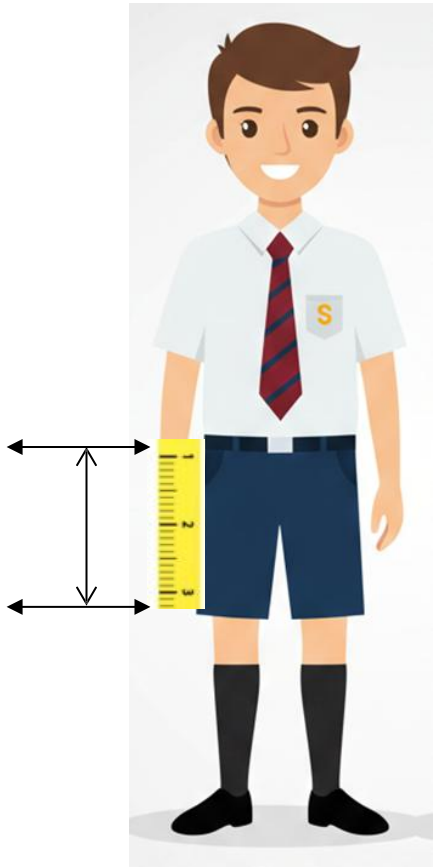
## CHEST

- Wrap the tape around the chest, about  $\frac{1}{2}$  to 1 inch below the armhole.
- Make the child stand straight with arms relaxed and not puffing out the chest.
- Keep one finger space for comfort.
- Read and record the measurement in inches.

## How to know the Half Pant Size

You will be in need of **2 measurements** to know the required **Half Pant Size**.

1. Length
2. Waist



### HALF PANT LENGTH

- Make the child stand straight and place the tape at the natural waistline (this may vary from person to person).
- Bring it straight down to the start of the knee (or to the required length).
- Read and record the measurement in inches.



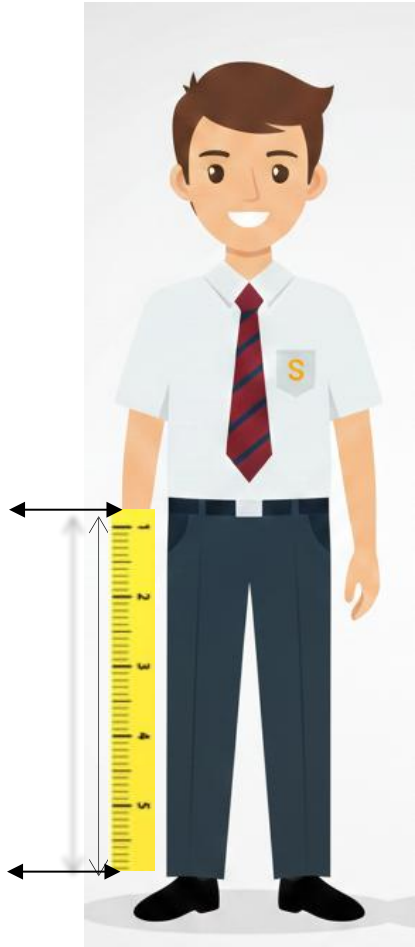
### WAIST

- Make the kid stand straight .
- Find the natural waist
- line (waist line vary from
- person to person) and
- wrap the measuring tape around it, ensuring it's snug but not tight.
- Take the reading on the
- tape in inches.

You will be in need of **2 measurements** to know the required **Pant, Sports uniform Pant Size.**

Length

Waist



## PANT LENGTH

- Make the kid stand straight.
- Measure from the top of the waist line (waist line vary from person to person)
- down to the bottom of the leg (or till where it is as required for you), following along the side seam of the leg
- Take the reading on the tape in inches



## WAIST

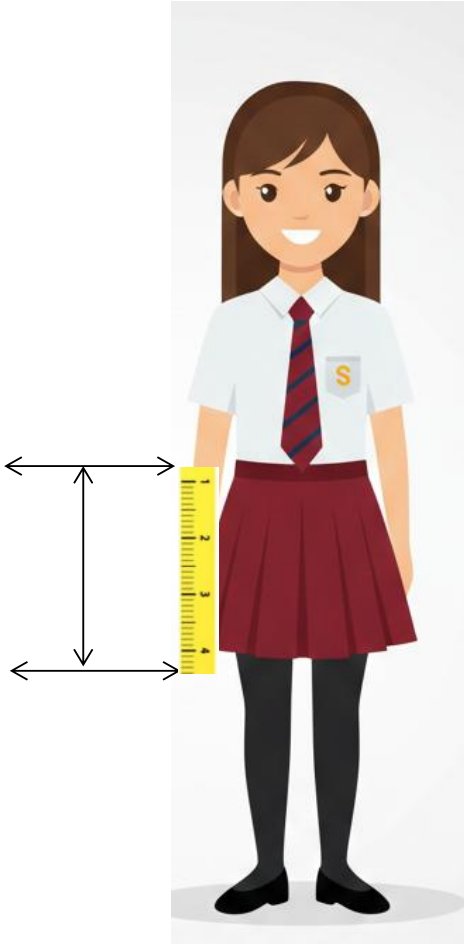
- Make the kid stand straight .
- Find the natural waist line (waist line vary from person to person) and wrap the measuring tape around it, ensuring it's snug but not tight.
- Take the reading on the tape in inches.

You will be in need of **2 measurements** to know the required **Skirt Size**.

Length

Waist

## How to know the Skirt Size



### SKIRT LENGTH

- Make the kid stand straight.
- Measure from the top of the waist line (waist line vary from person to person)
- down to 2 inches below knee (or till where it is as required for you), following along the side seam of the leg
- Take the reading on the tape
- in inches



### WAIST

- Make the kid stand straight .
- Find the natural waist
- line (waist line vary from
- person to person) and wrap the
- measuring tape around it,
- ensuring it's snug but not tight.
- Take the reading on the
- tape in inches.

You will be in need of **2 measurements** to know the required **Pinafore Size**.

Length

Chest

## How to know the Pinafore Size

### BODY LENGTH

- Make the kid stand straight with right hand stretched straight towards down.
- Hold tape exactly at the neck and shoulder joint.
- Bring it down straight till the 2 inches below the knee (or till where the
- length is as required for you).
- Take the reading on the
- tape in inches.

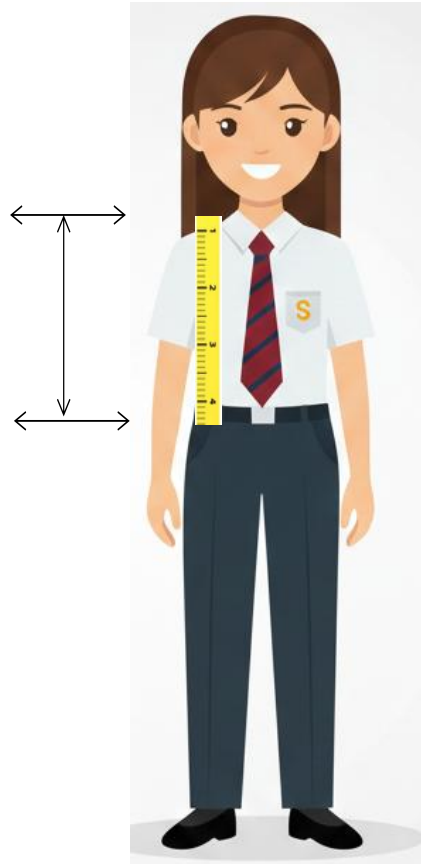
### CHEST

- Wrap tape around the chest half to one inch below the armhole.
- Make the kid stand
- straight with arms relaxed and avoid puffing out near chest.
- Add a finger space loose.
- Take the reading on the
- tape in inches.

You will be in need of **2 measurements** to know the required **Shirt, Sports Uniform Shirt & Pullover Size**.

Length

Waist



## SHIRT LENGTH

- Make the child stand straight with the right hand stretched down naturally.
- Place the tape at the neck–shoulder joint.
- Bring it straight down to the bottom of the thumb (or to the desired length).
- Read and record the measurement in inches.



## CHEST

- Wrap the tape around the chest, about  $\frac{1}{2}$  to 1 inch below the armhole.
- Make the child stand straight with arms relaxed and not puffing out the chest.
- Keep one finger space for comfort.
- Read and record the measurement in inches.

You will be in need of **2 measurements** to know the required **Pant, Sports uniform Pant Size.**

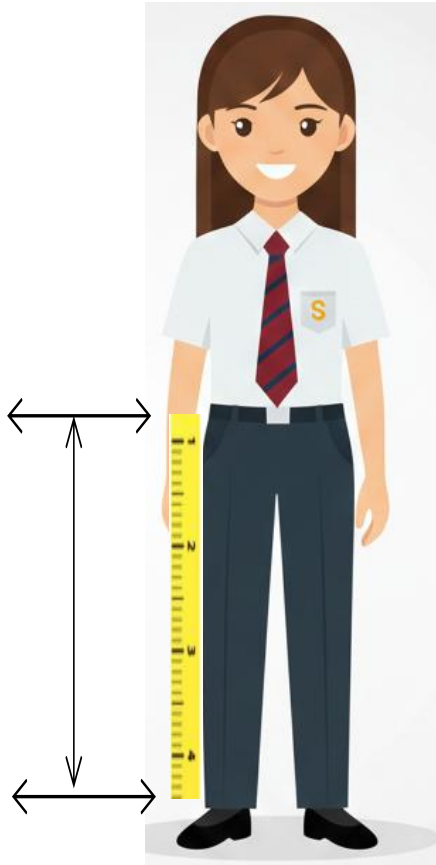
Length

Waist

## How to know the Pant Size

### PANT LENGTH

- Make the kid stand straight.
- Measure from the top of the waist line (waist line vary from person to person)
- down to the bottom of the leg (or till where it is as required for you), following along the side seam of the leg
- Take the reading on the tape in inches



### WAIST

- Make the kid stand straight .
- Find the natural waist line (waist line vary from person to person) and wrap the measuring tape around it, ensuring it's snug but not tight.
- Take the reading on the tape in inches.

