



What is the metric system?

The metric system is an international system of measurement.

What does this mean for my child?

It means your child's weight, height, medicines and temperature are measured using metric units. Our staff can help you convert metric units to English units that may be more familiar to you.

What are some common metric units?

- Height or length – centimeter (cm) or meter (m)
- Weight – grams (g or gm) or kilograms (kg)
- Volume – cubic centimeters (cc) or milliliters (mL). These are both the same.
- Temperature – measured as degrees Celsius (°C)

What metric units are used at Children's?

Below is a table of common measures used at Children's (all measures are approximate):

Metric	English
Length	
2.5 centimeters (cm)	1 inch (in)
30 centimeters (cm)	1 foot (ft)
Weight	
28 grams (g)	1 ounce (oz)
0.45 kilogram (kg)	1 pound (lb)
Volume	
30 cc (mL)	1 fluid ounce (fl oz)
Temperature	
37°C (Celsius)	98.6°F (Fahrenheit)

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Metric system, continued

How can I convert metric units to English units?

Our staff can convert your child's metric units to English units for you. If you would like to do it yourself, you can use these formulas:

Length		Example
Centimeters to inches	Divide the number of centimeters by 2.5	$\frac{100 \text{ centimeters}}{2.5} = 40 \text{ inches}$
Centimeters to feet	Divide the number of centimeters by 30	$\frac{100 \text{ centimeters}}{30} = 3.3 \text{ feet}$
Weight		Example
Grams to ounces	Divide the number of grams by 28	$\frac{1000 \text{ grams}}{28} = 35.7 \text{ ounces}$
Kilograms to pounds	Multiply the number of kilograms by 2.2	50 kilograms x 2.2 = 110 pounds
Volume		Example
cc (mL) to ounces	Divide the number of cc (mL) by 30	$\frac{30 \text{ cc (mL)}}{30} = 1 \text{ ounce}$
Temperature		Example
Celsius to Fahrenheit	Multiply the degrees Celsius by 1.8. Then, add 32	$37^\circ\text{C} \times 1.8 = 66.6$ $66.6 + 32 = 98.6^\circ\text{F}$

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Metric system, continued

Body temperature chart

Celsius (°C)	Fahrenheit (°F)		Celsius (°C)	Fahrenheit (°F)		Celsius (°C)	Fahrenheit (°F)
35	95		37.7	99.9		39	102.2
36	96.8		37.8	100		39.1	102.4
36.2	97.2		37.9	100.2		39.2	102.6
36.4	97.5		38	100.4		39.3	102.7
36.6	97.9		38.1	100.6		39.4	102.9
36.8	98.2		38.2	100.8		39.5	103.1
37	98.6		38.3	100.9		39.6	103.3
37.1	98.8		38.4	101.1		39.7	103.5
37.2	99		38.5	101.3		39.8	103.6
37.3	99.1		38.6	101.5		39.9	103.8
37.4	99.3		38.7	101.7		40	104
37.5	99.5		38.8	101.8		40.5	104.9
37.6	99.7		38.9	102		41	105.8

Please ask your child's nurse if you have any questions.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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