

Calming Clothing Size Chart



Calming Clothing is an Australian owned company, so we recommend a few points regarding sizing:

1. Compression Clothing should be a snug fit.
2. The size is true to age - however if you believe your child to be smaller or larger for their age, please check their measurements.
3. The clothing is produced in Sydney, Australia, therefore the sizing is in centimetres.
4. For accurate results please measure your child in centimetres (cm) and refer to the chart above.

Therapeutic Sleeveless Top

Use the following table to measure your child's size

Singlet Measurements cm		
Size	Length (cm)	Width (cm)
2	36	26
3	39	27
4	44	29
6	47	31
8	50	33
10	53	35
12	56	37
14	59	39

A white silhouette of a child is shown on the right side of the table. A vertical line with arrows at the top and bottom indicates the measurement for length, starting from the top of the head and ending at the bottom of the torso. A horizontal line with arrows at the left and right indicates the measurement for width, taken across the chest area.

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Therapeutic Short Sleeve Top

Use the following table to measure your child's size

Size	Length (cm)	Width (cm)
2	34	25
3	42	26
4	47	27
6	50.5	29
8	54	31
10	57.5	33
12	61	35
14	64.5	37

A white silhouette of a child is shown against a black background. A vertical double-headed arrow on the left side of the torso is labeled 'Length'. A horizontal double-headed arrow across the chest is labeled 'Width'.

Therapeutic Long Sleeve Top

Use the following table to measure your child's size

Size	Length (cm)	Width (cm)	Sleeve Length (cm)
2	34	25	33
3	42	26	39
4	47	27	43
6	50.5	29	47.5
8	54	31	52
10	57.5	33	56.5
12	61	35	61
14	64.5	37	65.5

A white silhouette of a child is shown against a black background. A vertical double-headed arrow on the left side of the sleeve is labeled 'Sleeve Length'. A vertical double-headed arrow on the left side of the torso is labeled 'Length'. A horizontal double-headed arrow across the chest is labeled 'Width'.

Calming Clothing Size Chart



Therapeutic Shorts

Use the following table to measure your child's size

Size	Waist (cm)	Hip (cm)	Length (cm)
2	45	47	18
3	46.5	51	22
4	48	55	26
6	51	59	30
8	54	63	34
10	58	68	37
12	62	72	39.5
14	66	76	42

A white silhouette of a child is shown against a black background. Three measurement lines are overlaid on the silhouette: a blue line for the waist, a red line for the hips, and a vertical black line for the length of the shorts.

Therapeutic Leggings

Use the following table to measure your child's size

Size	Waist (cm)	Hip (cm)	Length (cm)
2	45	47	38.5
3	46.5	51	48
4	48	55	56
6	51	59	64
8	54	63	72
10	58	68	79
12	62	72	85
14	66	76	91

A white silhouette of a child is shown against a black background. Three measurement lines are overlaid on the silhouette: a blue line for the waist, a red line for the hips, and a vertical black line for the length of the leggings.