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## Youth medium size guide

**Understanding Youth Sizing** Finding clothes that fit children can be challenging, but it's essential to consider individual measurements rather than relying solely on age as a marker. In the United States and many other countries, youth sizes typically align with age, height, and weight. However, children grow at different rates, making it crucial to measure each child accurately.

**Measuring Your Child** Before looking at size charts, ensure you're taking accurate measurements of your child:

- Height:** Measure from the floor to the top of their head.
- Chest:** Measure around the fullest part of the chest.
- Waist:** Measure around the narrowest part of the waist.
- Hips:** Measure around the fullest part of the hips.
- Inseam (for pants):** Measure from the top of the inner thigh to the ankle.

**Youth Size Chart** Here's a general youth size chart with corresponding numeric sizes, ages, heights, and measurements:

- Youth XS: 5-6 (42-47 in height)
- Youth S: 6-7 (47-52 in height)
- Youth M: 8-10 (52-57 in height)
- Youth L: 12-14 (57-62 in height)
- Youth XL: 16-18 (62-67 in height)

**Brand-Specific Size Charts** Some brands have their own youth size charts, which may vary from the general chart. It's essential to consult each brand's size chart for accurate measurements.

**Additional Charts** There are separate charts for boys' and girls' clothing sizes, as well as a youth shoe size chart to help you find the right fit for your child. When it comes to youth clothing sizes, most brands follow similar guidelines as the standard youth sizing chart. However, it's essential to double-check the specific brand's sizing chart as they may use unique acronyms for measurements. The provided size charts from Nike and Under Armour outline the corresponding age ranges, height, chest, waist, and hip measurements for each size. It's crucial to note that these sizes can vary between brands, so it's always best to refer to the specific brand's chart. To ensure a good fit, parents should:

- Measure their child before purchasing
- Check the brand's size guide
- Consider growth spurts and buy a size up if needed
- Look for adjustable features, such as waistbands or stretchy clothing
- Review return policies in case of exchanges or returns

Additionally, understanding youth sizes can help parents navigate clothing shopping. Here are some key points to keep in mind:

- Youth sizes are standardized measurements that correspond to a child's age, height, and weight.
- Youth sizes are generally smaller than adult sizes.
- The same size may not fit the same as an adult, so it's essential to use a youth size chart.
- Boys' and girls' sizes can be similar up to a certain age, but body proportions change as children grow. By being aware of these guidelines, parents can make informed purchasing decisions and find clothing that fits their child comfortably.

**Youth Clothing Size Charts** To determine the right size for your child's clothing, use these charts to measure their height, waist, and chest. The youth alpha-size system (S, M, L) is widely used internationally, but you can also use US or EUR systems depending on your location.

**Babies and Toddlers (0-5 years)**

- Preemie: less than 17 inches tall
- Newborn to 2T: measured in inches for height and weight
- 3T to 5T: toddler sizes, equivalent to ages 1-5 years old

**Girls (5-14 years)**

- Shirts: + Height, chest, waist, and hip measurements
- + XS to XXL sizes with corresponding measurements
- Pants: + Age, length, weight, and number/letter size equivalents

**Teen Young Women (7-14 years) and Teen Young Men (5-14 years)**

- Measurements for height, waist, hips, and age ranges

**Youth Alpha-Size System** Used internationally from approximately 7/8 to 15/16 years old

- Combination of US size system (age), EUR size system (height), and youth alpha-size system (S, M, L)

To determine your child's correct size, take three simple body measurements:

- Height:** standing upright against a wall
- Waist measurement:** circumference around belly button
- Chest measurement:** fullest part of chest under arms

Use the charts to find your child's corresponding size based on their measurements. If your young one falls into our smaller sizes (XS-XL, 73-76 or 82-88), refer to our Children's Size Chart. For larger sizes (also XS-XL, but around 13-16 years old), check out our Men's Size Chart instead. We suggest using body measurements to figure out the best fit for your child. However, if that's not possible, you can also estimate their size based on age: Small is suitable for kids aged 6-8, Medium for those 8-10, Large for 10-12, Extra Large for 12-13 or 13-16.

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