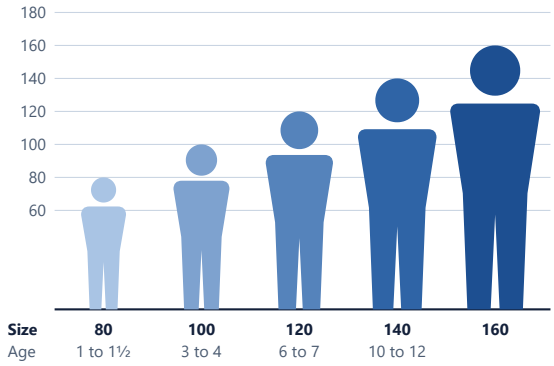
Japan kids' size card

Japanese kids' sizes are the child's height in centimeters. Each size covers about 5 cm either side.

Height (cm): Clothes size: Shoe size (cm):

Japanese kids' sizes with the height they cover, typical age, and Carter's sizes that overlap

Japan size	Height covered (cm)	Height covered (in)	Typical age in Japan	Overlapping Carter's sizes
50	45–55	17.7–21.7	Newborn	Baby NB
60	55–65	21.7–25.6	About 3 months	Baby 3M, Baby 6M
70	65–75	25.6–29.5	About 6 months	Baby 6M, Baby 9M, Baby 12M
80	75–85	29.5–33.5	1 to 1½ years	Baby 12M, Baby 18M, Baby 24M
90	85–95	33.5–37.4	1½ to 2½ years	Toddler 2T, Toddler 3T
100	95–105	37.4–41.3	3 to 4 years	Toddler 3T, Toddler 4T, Girls 4
110	105–115	41.3–45.3	4 to 6 years	Toddler 5T, Girls 4, Girls 5
120	115–125	45.3–49.2	6 to 7 years	Girls 6, Girls 6X
130	125–135	49.2–53.1	8 to 9 years	Girls 7, Girls 8
140	135–145	53.1–57.1	10 to 12 years	Girls 8, Girls 10, Girls 12
150	145–155	57.1–61	13 to 14 years	Girls 12, Girls 14
160	155–165	61–65	—	—



Words to show in a shop

Phrases for shopping

English	Japanese	Say it
Do you have size 110?	110サイズはありますか？	Hyaku-jū saizu wa arimasu ka?
Which size is for this height?	この身長だと、どのサイズですか？	Kono shinchō da to, dono saizu desu ka?
Can you measure my child's feet?	子どもの足を測ってもらえますか？	Kodomo no ashi o hakatte moraemasu ka?

Hayami Tools (hayamitools.com). Created 2026-10-31. Sizes are a guide and differ by brand, so check the shop's own chart.