

## WEIGHT/HEIGHT FOLLOW-UP PROCEDURES

### I. Screenings

- A. Identify children whose weight for height is above the 95th percentile or below the 10th percentile and follow Interpretation of Growth Charts Procedures.

### II. Follow-Up

- A. Utilize results of the Nutrition Assessment including growth grids, hemoglobin measurement and health and dietary information.
- B. Head Start and WIC staff will work together and share information necessary to ensure a comprehensive approach to care. If the child is not already seeing the WIC Registered Dietitian and the Child and Family Advocate/Teacher feels that a R.D. referral is needed, the CFA/Teacher will involve the parent in the decision and referral.
- C. The WIC Staff shall track follow-ups in the WIC TWIST system and make appropriate notification to Head Start staff and medical referral as needed.

- D. Based upon their knowledge of the family and discussions with WIC staff, the Registered Dietitian and agency trainings, the Child and Family Advocates/Teachers shall select one or more of the following strategies:

#### >95% Weight/Height

- 1. Offer 3 nutrient rich meals and 2-3 nutritious snacks at regular times each day. Snack times should be at least two hours before the next meal.
  - 2. Parent's job is to offer foods, child is to decide amount and if she/he'll eat.
  - 3. Encourage regularly scheduled physical activity during the day, unless contraindicated by other health problems or handicaps.
  - 4. Help parents find other ways to express concern and caring than by giving food. Encourage parents to spend quality time with child to meet social and emotional needs of the child.
  - 5. Suggest use of appropriate foods to meet nutritional needs for meals and snacks.
  - 6. Encourage parents to share strategies with babysitters, relations and other caretakers.
- F. In addition to the above, guides for classroom use are:
    - 1. Teach all children to be sensitive to feelings of being full or hungry.
    - 2. Encourage interest in and taste for all foods.

3. Staff sets example for healthful eating habits, by tasting new foods, eating with children and showing interest in all the children, but not undue interest in any one child.
4. Engage all children in active play as part of the school day.
5. Involve children in nutrition activities/food preparation tasks at least one time a month, optimally one time a week.
6. Encourage progress toward WIC goals in classroom if possible. Share and request information from WIC to ensure a comprehensive approach to care.

<10% Weight/Height

1. Suggest interesting food presentations, variety and encouraging child to help with food preparation.
2. Offer 3 nutrient rich meals and 3 nutritious snacks at regular times each day. Snack times should be at least two hours before the next meal.
3. Parent's job is to offer foods, child is to decide amount and if she/he'll eat
4. Reduce or eliminate mealtime diversions, such as turning off TV and having the family sit down with child while eating.
3. Refer to nutrition goals set for each child during WIC appointment.

G. Guides for classroom are:

1. Involve children in nutrition activities/food preparation tasks at least one time a month, optimally one time a week.
2. Sit and visit with "slow eaters" or "early quitters". Do not attempt to force or insist that child eats, but simply observe and eat along with the child.
3. Make meals pleasant.
4. Encourage interest in and taste for a variety of foods.
5. Encourage progress toward WIC goals in classroom if possible. Share and request information from WIC to ensure a comprehensive approach to care.