

Monitoring Rate of Growth Concern Procedure

Purpose

This procedure tells staff how to re-assess if a child needs follow-up in regard to rate of growth and the steps to take when a child is identified as being at risk.

Guidance

A child's height and weight are determined by many factors. Height and weight of parents, prenatal nutrition and the food they receive in early childhood all contribute to a child's growth pattern. Growth charts have been established which measure and predict the expected growth rate once a child has established their position on the growth curve. A child usually establishes this position by age two.

A child who shows a rapid change in rate of growth may need re-assessment. Children who show rapid change in growth may have health problems that need to be discussed with their health care provider.

Reassure parents that changes in growth pattern are an indicator that a child's growth may need to be monitored. Drastic measures regarding changes in eating are usually not

Procedure

1. Identify

Site Team must identify children with a rapid rate of growth change. Rapid change in growth rate is a concern for any of the following reasons:

- greater than or equal to 2 channel changes BMI/age during the program year
- greater than or equal to 2 channel changes weight/age during the program year
- greater than or equal to 2 channel changes height/age during the program year

2. Document

Site Team must document children with a rapid rate of growth change.

- Recheck measurement and graphing for accuracy. Enter any other measurements available to see if this measurement is on the child's established growth curve.
 - ECEAP sites input information in ELMS and EPI-Info.
 - Head Start sends growth worksheet to the Health Information Line then receives growth charts back from PSESD. FAX: 888-979-5897 or SCAN/EMAIL: health@pugetsoundhs.org
 - Head Start staff receives a Treatment Tracking report to complete for follow-up.
- Contact parents or guardians to tell them about their child's change in growth and discuss plans to address concern. Include the following:
 - Review the Health & Developmental History and recommend changes that promote healthy eating choices/ patterns and exercise.
 - Ask if the child has been referred to WIC or to a Registered Dietitian by their health care provider.
 - If a child is not enrolled in WIC, explain the program and encourage parent to enroll their child.

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- Encourage parents to schedule follow up appointment with their primary health care provider.
- Document discussion with parents.
- Share the child's growth status and plans with team members.

3. Monitor

- Site Team will continue to work with family to make changes that promote healthy eating choices/ patterns and exercise.
- Site Team will request consultation with Regional Nutrition Coordinator if the family wants increased intervention.

Related Documents

Nutrition Consultation Request Form

Resources

How to Get Your Kid to Eat. . . But Not Too Much

Written by Ellen Satter, MS, RD, this book is an excellent resource for professionals and parents to better understand the dynamics of feeding children.

www.choosemyplate.gov

Developed and maintained by USDA, this website has a wide variety of information on nutrition, exercise and health. Tip sheets for parents are available in English and Spanish on many topics.