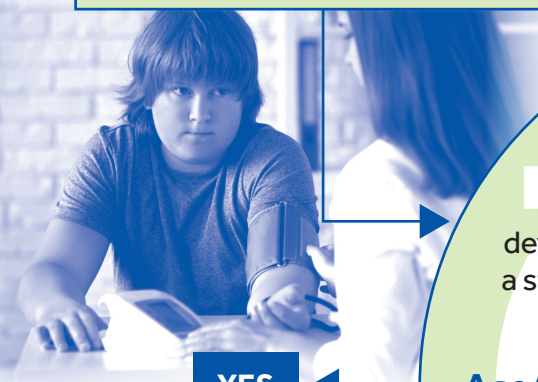
PATHWAY FOR CHILDHOOD GROWTH CONSULTATION

REASON FOR VISIT (child/parent perspective) **PAUSE. THINK. SMILE.**

GROWTH RELATED

APPROPRIATE TO START CONVERSATION ABOUT GROWTH?

NOT GROWTH RELATED



Privacy?
Is room quiet & comfortable?

Focus
Health & development with a strengths-based approach.

Equipment?
Scales, height measure, appropriate growth charts available?

Time?
Will you have enough time to have a meaningful conversation?

Age/development
Words used, speaking with parent/child/both.

Bias?
Have you considered your own bias and how it might affect the content and intention of the conversation (verbal/non verbal)?

YES

NO

Explain growth as vital sign. Ask permission to measure.

Ok. Perhaps we can check growth next time.

YES

NO

I'd like to chat about some things that can influence child growth. Is that ok?

Address next time.

YES

NO

Plot weight, height & BMI on childhood growth charts. Explain and check understanding.

- Hours of sleep per night
- Healthy hydration
- Mins/Hours of active play each day
- 3 meals, 2 healthy snacks
- Eating before 7/8pm
- Hours of screen time each day
- Hours of sedentary time each day
- Experience of recent, significant stressors

Use The Edmonton Obesity Staging System for Pediatrics (EOSS-P)* to stage obesity if BMI is elevated – will help prompt next steps.

Ask supplemental questions & offer brief intervention as appropriate.

Set relevant goals together and identify how to monitor/review them. Follow up (1-3 months) depending on particular situation/ presence/severity of obesity. Continue brief intervention. Ask for consent for onward referral (e.g. pediatric dietitian, pediatric physiotherapist, pediatrician, pediatric sub-speciality).

*www.drsharma.ca/the-edmonton-obesity-staging-system-for-pediatrics-eoss-p-better-defines-health-risk-than-obesity-class

Contact info@easo.org

EASO
European Association for the Study of Obesity
www.easo.org