### Important tips
Check plotting error and check parental heights if additional short stature; Use UK-WHO growth charts; Weight gain pattern over time rather than single measurements (height velocity); Correct for prematurity (till 37 weeks) up to 2 years; Regression to the mean (smaller and larger babies tend to grow towards mean).

### History
- To exclude organic disease (5-10%)
- Brief developmental history
- Feeding/dietary history
- Type of feeding
- Age of weaning
- Range and types of food now taken
- Mealtime routine and eating and feeding behaviour
- Three day food diary
- Maternal depression
- Social history (abuse/neglect/abuse/deprivation/finances)

### Examination (GP)
- Examination to exclude organic disease (5-10%) and effects of nutrition.
- Weight and plot
- Height and plot (parental heights and plot if height velocity faltering)
- BMI and plot

### Safeguarding (5% cases have safeguarding factors)
- Safeguarding threshold is met
- Refer to MASH or social worker if open case
- Follow Safeguarding referral pathway for faltering growth

### Weight moved two major centile spaces downwards?

#### YES
- Refer to HV & Dietitian (or GP if seen by HV first)
- Consider referral to an Infant feeding coordinator
- Home visit by HV team for holistic assessment, support with diet and meals observe meal times.
- Rule out organic disease if dietary and/or behavioural interventions below are unsuccessful

#### NO
- Not faltering weight
- Continue to monitor if concerned or discharge

### Leaflets
- Healthy eating: NHS guidance on healthy eating and nutrition for children, parents and families [http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

### Strategies to improve energy intake > 9 months

*Dietary*
- Three meals and two snacks each day
- Increase number and variety of foods offered
- Increase energy density of usual foods (for example, add cheese, margarine, cream)
- Limit milk intake to 500ml per day
- Avoid excessive intake of fruit juice and squash

*Behavioural*
- Offer meals at regular times with other family members
- Praise when food is eaten, ignore when not
- Limit meal time to 30 minutes
- Eat at same time as child
- Avoid meal time conflict

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