**Short Stature or At Risk of Short Stature (I/C)**

- **Short:** Birth to <24mo: ≤2.3% length/age, 2-5yrs ≤5% length/age or **At Risk:** Birth to <24mo, >2.3 & ≤5% lgth/age, 2-5yrs >5 & <10 % lgth/age
- Poor nutrition may affect height when there are not enough nutrients to support basic body/metabolic functions

### Assess Readiness for Change: with open ended questions

- “Sam is below the 2.3% (or 5%) for height on the growth chart. That means he is shorter than other children. How do you feel about Sam’s height?”
- “What has Sam’s Dr told you about how he is growing?”

### Discussion, Counseling and Education

#### If the answer is:

##### Not ready
- “He is the same size as his brother was at that age. He runs and plays all day.”

- **Try Counseling Strategies**
  - “That’s great he is active. Sometimes height can be affected when a child isn’t eating enough.”
  - “You mentioned Sam’s is really active, tell me what activities he does most days?”
  - “How does Sam eat on days when he is extra active compared to other days?”

- **Try Education**
  - “WIC’s 2.3% (5%) cut-off alerts us to children who may not be growing well. < 10th is normal for some children, but for others it may mean they are not eating enough to support growth.”
  - Share child’s plotted growth chart

##### Unsure
- “Sometimes I worry because he is small. He eats a lot sometimes and other times he won’t eat much.”

- **Record Plan or Goal**
  - Participant viewed growth chart, but feels child’s growth is normal. Will re-assess readiness for change at next appointment.

- **Try Counseling Strategies**
  - “On a scale of 1-10 how concerned are you about how he is growing?”
  - “It sounds like you are worried about how much Sam is eating. Tell me what worries you the most?”
  - “Tell me about the height of other family members. His father? His siblings?”

- **Try Education**
  - “It’s normal for a child to eat more one day than another. And for them to ask for the same food over and over.”
  - Provide suggestions:
    - Offer set snacks
    - Sit at table with family, avoid distractions
    - Serve favorite food along with less desired food

##### Ready
- “I worry about his height. He is the shortest one in the family. I don’t know if I am giving him the right foods.”

- **Record Plan or Goal**
  - Parent to try limiting child’s wandering while eating. Will review eating concerns next appointment.

- **Try Counseling Strategies**
  - “What kind of foods do you think Sam is missing out on?”
  - “What have you already tried to get Sam to eat more?
  - “What is your biggest concern for Sam at mealtime?”

- **Try Education**
  - “Parents often worry their child is not eating enough.”
  - Show sample serving sizes for age
  - Tips to clarify servings needed:
    - Variety & choices
    - 3 meals & 2-3 snacks
  - Highlight foods from conversation

#### Education Resources