

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

**Description**

- **Short:** Birth to <24mo:  $\leq 2.3\%$  length/age, 2-5yrs  $\leq 5\%$  length/age **or At Risk:** Birth to <24mo,  $>2.3$  &  $\leq 5\%$  lgth/age, 2-5yrs  $>5$  &  $\leq 10\%$  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:	Try Counseling Strategies	Try Education
<b>Not ready</b> → “He is the same size as his brother was at that age. He runs and plays all day.”  Raise awareness & personalize change	<ul style="list-style-type: none"> <li>• “That’s great he is active. Sometimes height can be affected when a child isn’t eating enough.”</li> <li>• “You mentioned Sam’s is really active, tell me what activities he does most days?”</li> <li>• “How does Sam eat on days when he is extra active compared to other days?”</li> </ul>	<ul style="list-style-type: none"> <li>• “WIC’s 2.3% (5%) cut-off alerts us to children who may not be growing well. <math>\leq 10^{\text{th}}</math> is normal for some children, but for others it may mean they are not eating enough to support growth.”</li> <li>• Share child’s plotted growth chart</li> </ul>
<b>Record Plan or Goal</b>	Participant viewed growth chart, but feels child’s growth is normal. Will re-assess readiness for change at next appointment.	
<b>Unsure</b> → “Sometimes I worry because he is small. He eats a lot sometimes and other times he won’t eat much.”  Raise awareness & confidence & identify barriers to change	<ul style="list-style-type: none"> <li>• “On a scale of 1-10 how concerned are you about how he is growing?”</li> <li>• “It sounds like you are worried about how much Sam is eating. Tell me what worries you the most?”</li> <li>• “Tell me about the height of other family members. His father? His siblings?”</li> </ul>	<ul style="list-style-type: none"> <li>• “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.”</li> <li>• Provide suggestions:                             <ul style="list-style-type: none"> <li>○ Offer set snacks</li> <li>○ Sit at table with family, avoid distractions</li> <li>○ Serve favorite food along with less desired food</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Parent to try limiting child’s wandering while eating. Will review eating concerns next appointment.	
<b>Ready</b> → “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.”  Help plan change-support	<ul style="list-style-type: none"> <li>• “What kind of foods do you think Sam is missing out on?”</li> <li>• “What have you already tried to get Sam to eat more?”</li> <li>• “What is your biggest concern for Sam at mealtime?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Parents often worry their child is not eating enough.”</li> <li>• Show sample serving sizes for age</li> <li>• Tips to clarify servings needed:                             <ul style="list-style-type: none"> <li>○ Variety &amp; choices</li> <li>○ 3 meals &amp; 2-3 snacks</li> </ul> </li> <li>• Highlight foods from conversation</li> </ul>
<b>Record Plan or Goal</b>	Mom accepted clarification serving sizes for age. To offer smaller age appropriate portions. Next appt follow-up on concerns.	

**Education Resources**

[http://kidshealth.org/parent/medical/endocrine/growth\\_disorder.html](http://kidshealth.org/parent/medical/endocrine/growth_disorder.html) Reference- *growth disorder*

[http://www.keepkidshealthy.com/welcome/conditions/short\\_stature.html](http://www.keepkidshealthy.com/welcome/conditions/short_stature.html) Reference- *short stature/growth disorder*

<http://www.nlm.nih.gov/medlineplus/ency/article/003271.htm> Reference- *Short Stature*