**Alaska WIC Program Nutrition Care Plan** Version 6/30/12

**152 Low Head Circumference (I/C <24mo)**

### Description
- ≤2.3% head circumference for age
- Related to genetic, nutrition and health factors. Very low values may indicate future nutrition & health risks, especially poor brain function

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

- “Since they told you Sam’s head circumference is low, what concerns do you have?”
- “What health problems has Sam had recently?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>If the answer is:</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
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<tbody>
<tr>
<td>Not ready</td>
<td>“I’m glad Sam is doing well. How has feeding been going for him?”</td>
<td>“Head circumference is measured because a smaller than normal head, may be a sign that their brain is developing slowly. Nutrition can be a factor.”</td>
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<tr>
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<td>“What did the Dr tell you about Sam’s low head circumference?”</td>
<td>“It sounds like Sam is growing well. What questions do have about Sam’s eating?”</td>
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<tr>
<td>Unsere</td>
<td>“You said Sam is doing well, what did the Dr’s say about his head circumference?”</td>
<td>Discuss feeding and development issues of child</td>
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<td>“What problems have you had feeding Sam? Tell me about his eating?”</td>
<td>Explain normal development stages (if asked)</td>
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<td>“What other concerns do you have when feeding him?”</td>
<td>Refer for delays as appropriate</td>
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<td>“On a scale of 1-10 how concerned are you about his eating?”</td>
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### Record Plan or Goal
- Participant states child is fine. Accepted feeding guide. Will re-assess readiness for change at next appointment.

### Record Plan or Goal
- Parent has no feeding concerns today. Has Dr appt next month. Will check weigh and re-assess next appointment.

### Help plan change support

### Education Resources
- [http://www.mayoclinic.com/print/microcephaly/AN00236/METHOD=print](http://www.mayoclinic.com/print/microcephaly/AN00236/METHOD=print) Reference- small head circumference