

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

**Description**

- $\leq$ 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**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“Sam hasn’t had any problems, he is doing fine.”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “I’m glad Sam is doing well. How has feeding been going for him?”</li> <li>• “What did the Dr tell you about Sam’s low head circumference?”</li> </ul>	<ul style="list-style-type: none"> <li>• “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.”</li> <li>• “It sounds like Sam is growing well. What questions do have about Sam’s eating?”</li> </ul>
<b>Record Plan or Goal</b> Participant states child is fine. Accepted feeding guide. Will re-assess readiness for change at next appointment.		
<p><b>Unsure</b> →</p> <p>“Sam is doing well. They said I should come back to have his head measured again in three months?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “You said Sam is doing well, what did the Dr’s say about his head circumference?”</li> <li>• “What problems have you had feeding Sam? Tell me about his eating?”</li> <li>• “What other concerns do you have when feeding him?”</li> <li>• “On a scale of 1-10 how concerned are you about his eating?”</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss feeding and development issues of child</li> <li>• Explain normal development stages (if asked)</li> <li>• Refer for delays as appropriate</li> </ul>
<b>Record Plan or Goal</b> Parent has no feeding concerns today. Has Dr appt next month. Will check weigh and re-asses next appointment.		
<p><b>Ready</b> →</p> <p>“They said he could have problems developing. They didn’t say anything about his eating.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “What delays, if any, have you noticed?”</li> <li>• “How is feeding going?”</li> <li>• “What feeding issues can I help you with today?”</li> </ul>	<ul style="list-style-type: none"> <li>• “It looks like his weight today is a little low but he has gained since his last weight check. You mentioned he is a picky eater. Let’s talk about that concern.”</li> </ul>
<b>Record Plan or Goal</b> Mom to not offer Sam less choices at mealtime. Follow-up on food choices next appointment.		

<b>Education Resources</b>	<p><a href="http://depts.washington.edu/growth/module5/text/page5a.htm">http://depts.washington.edu/growth/module5/text/page5a.htm</a> Reference- <i>MCH Head Circumference Module</i></p> <p><a href="http://www.nlm.nih.gov/medlineplus/ency/article/003305.htm">http://www.nlm.nih.gov/medlineplus/ency/article/003305.htm</a> Reference- <i>increased head circumference</i></p> <p><a href="http://www.mayoclinic.com/print/microcephaly/AN00236/METHOD=print">http://www.mayoclinic.com/print/microcephaly/AN00236/METHOD=print</a> Reference- <i>small head circumference</i></p>
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