

Referring Patients to the new WIC “Grow Happy Kids” Group at Westside

For parents/caregivers of kids age 12 or under (English & Spanish)

- **BMI%ile** for age at or above 85th **OR** At or below 5th
- **Also** rapidly rising or falling BMI's
- **Furthermore** any Normal weight child who needs improvement with food/drink/activity habits **For example, if you hear...**
 - “he doesn’t have an appetite”, “we beg him to eat dinner and sometimes have to force feed”
 - “Sometimes this child will eat 3 or 4 servings”, “All this child does is eat all day!”
 - “she’s so picky” , “she won’t eat beans, meat or vegetables”
 - “he has cookies/chips/candy /soda for snacks”
 - “she will only drink juice soda or milk for thirst”
 - “he is always helping himself to foods in fridge and not to the foods I provide at mealtime”
 - “she watches a lot of TV and only eats in front of it”

Fridays at 1 pm at the Westside WIC office! Must speak with WIC staff for availability to attend discussion groups. **Call or Email Satya Williams, RD, CLC at (303)436-5516/satya.williams@dhha.org to make appointment today!**

Healthy habits for families and tips for parenting around food/drink/activity for normal weight/overweight/underweight kids.

Name: _____ Provider: _____