

Guide for talking mom through the growth grids: overweight child

- ✓ First look at the weight/age grid with mom. Help orient her to where her child's weight/age plots on the grid. "Look, his weight for age is between the 2nd and 3rd lines from the top." (or whatever it is)
- ✓ Then, tell her that "the weight doesn't mean anything by itself. We need to see where his height is."
- ✓ Now, turn your paper over, just as if you were flipping the pages of a book with mom, or clicking on the next grid on your computer at work. Say, "See where his height for age is? It is between the 4th and 5th lines."
- ✓ You may need to go back and forth between the height/age and weight/age grids, till mom clearly sees her child plots in different places on the two grids.
- ✓ Then say, "his height and weight aren't proportional RIGHT NOW."
- ✓ Then show mom with your hands: "His weight RIGHT NOW is up here, and his height is down here."
- ✓ Then show mom the BMI%ile graph. Say "children who's weight and height are proportional are in here." (Show the middle of the grid, between the 25th and 75th %iles.) Point out where her child is, and say "children whose weight is too much for their height are up here where (child's name) is... and children whose weight is too little for their height are down here". (Show the 5th %ile and below.)
- ✓ Mom may now say "what can I do? If she doesn't, you can say, "We need to slow down his weight gain until his height catches up. (You can use your hands to show this). This is important for his health."



2-5 Years Weight for Age Chart

Plot Without Text

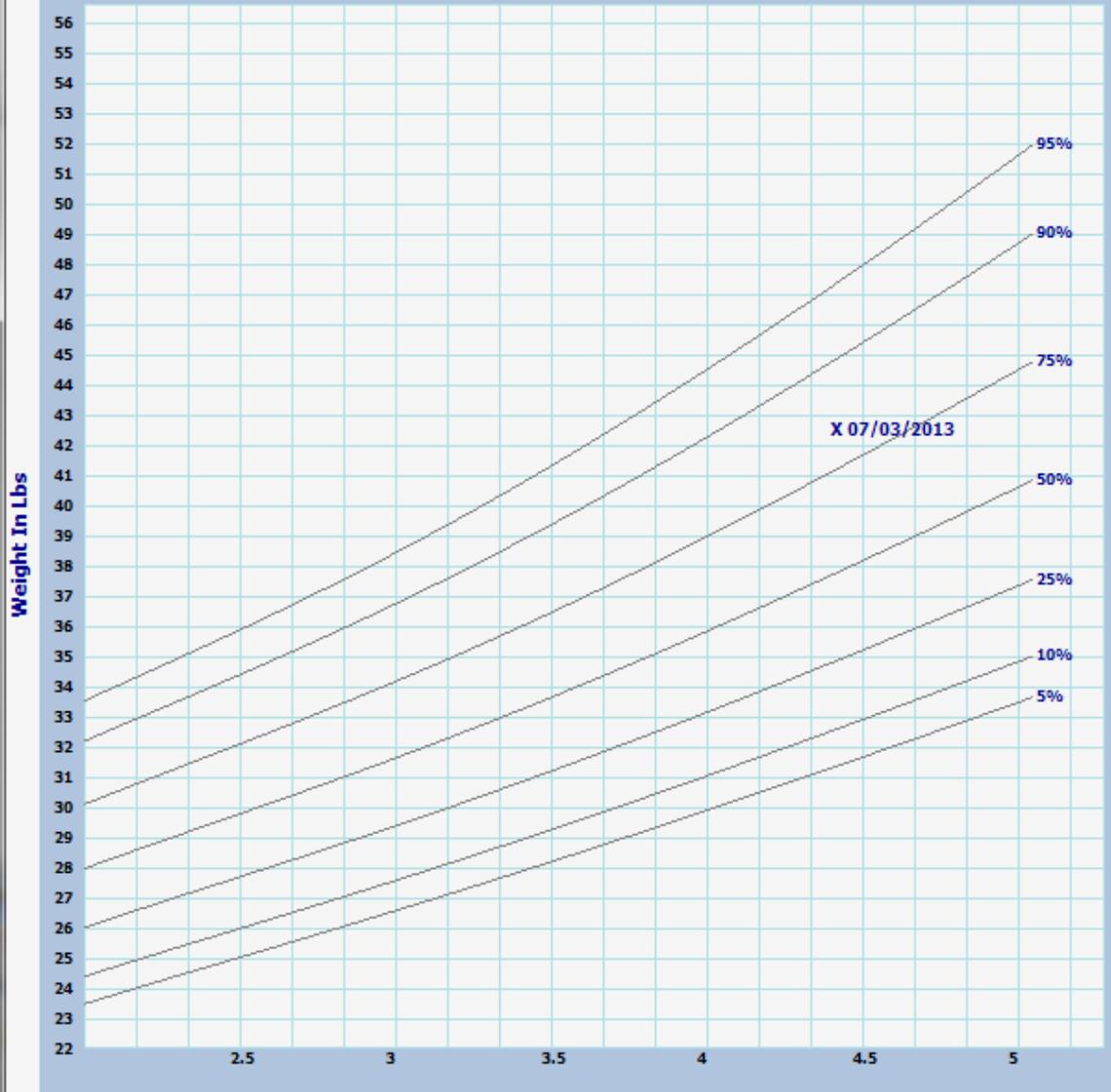
Participant Name: Child C Example

Gender: Male

Date Of Birth: 02/01/2009

Current Age: 4 y 5 m

Today's Date: 07/03/2013



Measurement Details

Blood Work Data

Collection Date: NA Hgb: NA Hct: NA

Anthro

Date	In	Lbs	Wt Chg	%	Age
▶ 07/03/2013	40 - 1/2	42 - 1/2	34 - 1/2	81.5	4 y 5 m

Note: These numbers represent approximate percentiles

Red = Inaccurate Measurement **Blue** = Accurate Measurement

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