|  |  |  |  |
| --- | --- | --- | --- |
| **Stage of Change** | **Goal** | **If you hear…** | **Reflection/Counseling ideas** |
| Not Ready | Raise Awareness | He’s big boned like his dad or I think he’s growing fine or He’s not as big as his cousin. | * Reflection: I can see that you are satisfied with the way your child is growing. We saw on his WIC growth chart that his BMI was at the 90th percentile. * Then educate to raise awareness- and when a child is over their recommended weight, they are at risk for health problems. Is this something you would like more information about? * Is there something else about your child’s eating or WIC checks that you would like to talk about today? |
|  |  |  |  |
| Unsure or Thinking about it | Raise awareness and identify barriers to change | He’s greedy or he’s bigger than his brother or he always wants to eat | * Reflection: It sounds like you think child may eat too much.   + - * + Tell me more         + Would it be okay to ask you some questions about child’s eating habits?         + Who/where/what/when for eating         + What do you find the biggest challenge is with regards to planning meals? Snacks?         + What does child/family do for fun? To keep physically active? * Use critical thinking skills and choose appropriate topic to suggest to parent?   + Assess meal and snack pattern   + Fluid intake   + Bottle use   + Food rewards   + Activity level (screen time) * What education is appropriate for the risk?   + - * + Set meal and snack times         + Limit juice to 4oz and increase water         + Portion sizes for child’s age         + Snack ideas         + Fat and sugar in foods         + Increase fruits and vegetables offered         + Eating out         + Non-food rewards         + Parent modeling what wants child to do         + Increase playtime |
| Ready or have already started | Discuss parents concern and build on current strategies | I am concerned that he eats too much or does he need to go on a diet? Or his older sister is really big and I don’t want him to get that way or his grandmother gives him what he wants or I bake chicken instead of frying it. | * Reflection: It can be hard to not give in when calming a fussy child   + Tell me what you have already tried….?   + Would you like to hear how other parents handled this….?   + Would you like some ideas that other mothers have shared?   + Use critical thinking skills and education topics above   + Can I share with you some recommendations for ….? * Education topics   + Help child grow more healthfully * Help child achieve best growth & development * Early childhood is a great opportunity to start healthy eating habits |