1. **Weight risk comes up. What’s next? Use critical thinking skills.**

* Evaluate measurements and growth chart- review growth information current height and weight, BMI; growth since last WIC appt: pattern of growth.
  + Do today’s measurements make sense?
* Does child have a medical condition?
* What other nutrition risks are present?
* What is parent’s interest or concern today (about any topic)?

1. **Gather information about the weight risk**

* Would you like to see child’s growth chart?
  + (Remember this is a screening tool for growth)
  + Sometimes it is more comfortable to show/discuss child’s height followed by weight.

**And/OR**

* What has your pediatrician told you about child’s height and weight?

**And/Or**

* Have you noticed that child is gaining weight faster than growing in height?

1. **Assessing readiness for change**

What does caregiver think? How does caregiver feel? Assess caregiver’s concern.

* What do you think about..?
* How do you feel about….?
* Have you noticed that…?
* Are you surprised …?
* Is this something you would be interested in talking about?
* Would you be interested in talking about….?
* Would you like to take a look at this together?
* Can I share with you some recommendations for ….?