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| **Probes for caregiver comments and concerns** |
| 1. *I can see you are satisfied with the way* ***(name of child)*** *is growing. According to his WIC growth chart he is at the 90th percentile –* **when you hear 90th percentile what does that number mean to you?** 2. *Ok (soft) - so you feel* ***(name of child)*** *growth is fine?* **How does the doctor feel about his growth?** 3. *When you say everyone in your family has size* **…does that mean you feel (name of child) size is fine?** 4. *You also stated* ***(name of child)*** *is active for 60 minutes each day.* **Could you tell me more about what he is doing on those days?** 5. *You say (name of child) isn’t as big as his cousin.* H**ow does he compare to other members of his family?** 6. *I can see you are trying to keep* ***(name of child)*** *moving.* **Tell me what (name of child) CAN do now, and, if you'd like, we can discuss some ideas about how you can help him do just a little more to get more active without being (hurt, embarrassed, exhausted-whatever seems appropriate).** 7. *That’s good that* ***(name of child)*** *likes to play.* **What does child/family do for fun?** To keep physically active? 8. *So you say it’s hard to watch (name of child) playing and moving around? You say he has a difficult time when he is playing at the park?* **Tell me more … OR Would it be okay to ask you some questions about your child’s playing habits? How active would you say your child is on a daily basis?** 9. *That’s good that you have a community center nearby so* **what does (name of child) /family like to do for fun? To keep physically active?** 10. *You state that* ***(name of child)*** *weight hasn’t changed.* **Would it be okay to ask you some questions about your child’s playing habits? How active would you say your child is on a daily basis?** |

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| **Affirmations and Ask Permission** |
| 1. I can see you are a concerned parent and you want the best for **(name of child)**. May I ask you a question? **How strongly do you feel about not engaging in physical activity? What are some reasons you want to keep things the way they are?** 2. Your child is fortunate to have a parent who cares so much. May I ask you another question? **How strongly do you feel about making time to play?** 3. I can see you are concerned about things changing with **(name of child)**. May I ask you…? **How will being active with (name of baby) change when you go back to work (or school)? What plans have you made to ensure you engage in regular forms of play (physically active)?** 4. I can see all the hard work you are doing to raise **(name of child). If you'd like, we can discuss some ideas that have worked for other parents**. First, w**hy do you think (physical activity) would be important?** 5. I can see you are trying very hard to guide **(name of child).** Would you like to talk about what some of our moms have tried with their kids? **What do you think the next step is in becoming more physically active with (name of child)?** 6. You are a good role model by ….. **If you'd like, we can discuss some ideas other parents have used**. **What physical activities (or forms of play) do you enjoy?** 7. You have made a lot of healthy changes in balancing what you eat with what you do. Would it be okay to ask you another question about **(name of child)? What do you think the next step is in becoming more physically active with (name of baby)?** 8. I can see you care very much about providing a healthy environment for your child. **Would you like to talk about the physical activity recommendations for children his age? This way you will know if you are on the right track.** 9. I see you are concerned about health as any good parent would be. **Would you like to talk about the physical activity recommendations for children his age? This way you will know if you are on the right track. If not I can give you a copy that you can look over later when it is convenient for you.** 10. You have so much going on with raising **(name of child). May I ask…D**o you think you will have time to talk to **(name of child)** doctor about his growth? If so I can provide you with a copy of **(name of child)** growth chart to give to him. 11. You are doing a great job of getting **(name of child)** out to move and play more! **Would you like to discuss additional strategies parents have used to determine if their children are moving and playing enough? Then we can come up with a plan that works best for you and (name of child).** 12. That is quite an accomplishment! **If you'd like, we can discuss some ideas other parents have used**. **What physical activities (or forms of play) do you enjoy?** 13. Good for you! I know that ....took a lot of commitment and hard work! **What do you think the next step is in becoming more physically active with (name of baby)?** |

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| **Closing Affirmations** |
| 1. I appreciate you coming in today. Hopefully this referral will help you to locate good childcare for **(name of child)**. -let me know how that works out. 2. Thanks for coming in and good luck with everything you have scheduled today. If you get a chance you may want to discuss our conversation regarding **(name of child)** with your health care provider. 3. I appreciate you coming in today. Hopefully this referral will help you to locate a community center pool for **(name of child)**. -let me know how that works out. 4. You are a real warrior! You do it all.., feeding **(name of child)**, and keeping everyone active-it’s a lot!-Let me know if you need any more information on keeping your family more active. |