

Counseling Guide Child

Health Outcome: Achieves optimal growth and development in a nurturing environment and begins to develop healthy habits associated with good health.

Suggested Open Ended Questions	Suggested Affirming Statements	Suggested Nutrition Education Statements
<p>Meal Pattern:</p> <ul style="list-style-type: none"> • How many times a day does your child eat, including meals and snacks? • In a day, how many meals or snacks are eaten in front of the TV? • How do you feel about family eating meals together? • How do you feel about taking your child to a fast food restaurant? • What concerns to you have about your child's current eating habits? <p>Food Safety:</p> <ul style="list-style-type: none"> • How often does your child eat foods such as unpasteurized fruit or vegetable juice, dairy products and soft cheeses, raw or undercooked meat, fish, chicken, turkey or eggs, raw vegetable sprouts, undercooked or raw tofu, or uncooked luncheon meats, deli meats or hot dogs? • How often does your child eat foods that are raw or undercooked? • How often does your child eat deli meat and hot dogs? • What type of special diet is your child following? 	<ul style="list-style-type: none"> • It can be challenging to get children to eat all the right foods. • I have heard other moms express concerns over TV watching during mealtime. • Getting the entire family together for dinner can be a challenge. • Fast food restaurants can be convenient when you have a busy schedule. • I understand your concerns about your child's eating pattern. • You seem concerned with potential unsafe foods. • Food safety can be a concern for most busy moms. • I understand your concerns over your child's food intake and overall health. 	<p>Discuss:</p> <ul style="list-style-type: none"> • The importance of good nutrition as related to growth and development. • The importance of the development of positive food patterns. <p>Encourage:</p> <ul style="list-style-type: none"> • Allowing the child to develop their self-feeding skills. • Setting an example by eating a variety of foods. • Offering regularly scheduled meals and snacks. • Reducing distractions (e.g. TV) during meals and snacks. <p>Discourage:</p> <ul style="list-style-type: none"> • Excess intake of juice and other beverages. • The use of food for rewards, punishment, etc. <p>See NTM Sections 5.1, 5.2</p> <p>Discuss:</p> <ul style="list-style-type: none"> • Avoidance of unpasteurized fruit/vegetable juice, dairy products, soft cheeses raw or undercooked meat, fish chicken, turkey, eggs, and vegetable sprouts to prevent food-borne illness. • Cooking (steaming hot) luncheon/deli meats, hot dogs and tofu, to destroy harmful bacteria. • Dangers of listeria. <p>See NTM Section 5.2.7</p> <p>Discuss:</p> <ul style="list-style-type: none"> • If child is consuming a diet low in calories and/or nutrients, explain the importance of good nutrition as related to normal growth and development. • Other vegan sources of nutrients that may be deficient in the child's diet. • Refer to RD if on vegan diet for possible vitamin supplementation or if eating pattern is not appropriate for age. <p>See NTM Sections 5.2.5, 5.2.6</p>

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<p>Complementary Feeding:</p> <ul style="list-style-type: none">• How does your child handle different texture?• Has your child been introduced to most of the foods that the family eats?• How do you introduce new foods? <p>Beverages:</p> <ul style="list-style-type: none">• Does your child drink milk? If yes, what type?• What other beverages does your child drink in a typical day?• What is your child's main water source? Is it fluoridated and has it been tested for bacteria and nitrates? <p>Food Security</p> <ul style="list-style-type: none">• What government-assisted programs does your family participate in?• What do you do when your family doesn't have enough food?• How do you prepare and store foods in your home? <p>Baby Bottle and Sippy Cups</p> <ul style="list-style-type: none">• Does your child drink from a sippy cup or bottle?• What does your child drink from the sippy cup or bottle?• When does your child most often want the sippy cup or bottle?	<ul style="list-style-type: none">• Many moms express concerns about choking.• I understand that some children are reluctant to try new foods.• Good job in giving your child appropriate beverages.• I can tell you have worked at introducing lower fat milk.• It sounds like you are trying to provide for your family.• We have a lot of families with the same challenges you have.• It sounds like you are doing the best you can with what you have.• It sounds like you are working on weaning your child.• Some moms have said that it is easier to wean during times when they are home rather than out and about.	<p>Discuss:</p> <ul style="list-style-type: none">• Gradual introduction of new foods.• Offer new foods along with a food the child likes. <p>See NTM Section 5.2.2</p> <p>Encourage:</p> <ul style="list-style-type: none">• If child is lactose intolerant, parents should serve alternate calcium sources such as lactaid or soymilk, or foods fortified with calcium. They may tolerate small amounts of lactose containing items, like yogurt or milk.• If a preschooler does not drink milk, parents should try serving milk-based soups, yogurt, cheese, custard, cereal with milk, tofu (processed with calcium sulfate) cottage cheese or calcium fortified foods and adding powdered milk to meat loaf, casseroles, oatmeal, etc.• Offer whole milk until age 2. Switch to reduced fat milk after 2 years old.• To ask the dentist or doctor about fluoride drops.• Refer to county health department or local water company if safety of water supply is an issue or unknown. <p>See NTM Sections 5.2.3, 5.4.1</p> <p>Discuss:</p> <ul style="list-style-type: none">• Possible low-cost menu selections for meal planning.• Government-assisted programs. <p>See NTM Sections 5.1 and 5.2</p> <p>Discuss:</p> <ul style="list-style-type: none">• Dangers of baby bottle tooth decay.• Proper care of children's teeth.• Importance of early dental care. <p>See NTM Section 5.4.1</p>
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<p>Supplements</p> <ul style="list-style-type: none">• What vitamins or supplements does your child take?• Has your doctor or dentist discussed giving any vitamins or supplements? <p>Physical Activity</p> <ul style="list-style-type: none">• How active is your child in a typical day?• What kind of activities does your child participate in? <p>Anthropometric</p> <ul style="list-style-type: none">• How do you feel about your child's growth pattern?• Has your doctor ever expressed any concerns about your child's growth pattern? <p>Low Iron</p> <ul style="list-style-type: none">• What have you heard about low iron? <p>Lead</p> <ul style="list-style-type: none">• What have you heard about high-lead levels?• What are your thoughts on how children are exposed to lead? <p>Food Allergies</p> <ul style="list-style-type: none">• What food is your child allergic to?• What reactions does your child have to this food?	<ul style="list-style-type: none">• I have heard other moms say they were not sure whether to give vitamins or not.• It sounds like you are trying to spend some active time with your child most days.• Good job in keeping your child active!• I understand your concerns about your child's weight.• I have heard other moms say they have concerns with their child's growth pattern.• It sounds like you have some concerns about your child's low iron.• I understand that you are very concerned about your child's lead level.• I have heard other moms say they have a big concern about the food allergies in their family.	<p>Discuss:</p> <ul style="list-style-type: none">• Meals and snacks can provide all the vitamins and minerals most children need.• Talk to a healthcare provider before giving a vitamin or mineral supplement. <p>See NTM Section 5.2.6</p> <p>Discuss:</p> <ul style="list-style-type: none">• Suggest ideas for family activity.• Give information on local parks and playgrounds. <p>See NTM Section 5.3.2</p> <p>Discuss</p> <ul style="list-style-type: none">• Normal growth and development.• Explanation of growth chart and plots.• The importance of good nutrition as related to growth and development. <p>See NTM Section 5.3.1</p> <p>Discuss:</p> <ul style="list-style-type: none">• Good iron sources, highlighting WIC foods with iron.• Providing a vitamin C-rich food when serving iron-rich foods.• Excessive milk intake can lead to iron deficiency.• How tannins found in tea effect iron absorption. <p>See NTM Section 6</p> <p>Discuss:</p> <ul style="list-style-type: none">• Lead testing of home and yard.• Need for frequent hand washing. <p>See NTM Section 5.4.3</p> <p>Discuss:</p> <ul style="list-style-type: none">• The food or foods the child is allergic to and what to look for on food labels.• Refer to a physician and/or dietitian for serious food allergies. <p>See NTM Section 5.4.2</p>
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Suggested Participant Resources: # 249 “My Pyramid for Kids”, #262 Spanish (Note: For 2-5 year olds) & #588 “Preventing Lead Poisoning, tips for Families”