Refer to Secondary care – see guidelines

for secondary care

Important tips Check plotting error and check parental heights if additional short stature: Use UK-WHO growth charts; Weight gain pattern over time rather than single measurements (height velocity); Correct for prematurity (till 37 weeks) up to 2 years; Regression to the mean (smaller and larger babies tend to grow towards mean) History Examination (GP) To exclude organic disease (5-10%) Examination to exclude organic disease (5-10%) and effects of Brief developmental history nutrition. Feeding/dietary history Weight and plot Type of feeding Height and plot (parental heights and plot if height velocity Age of weaning faltering) Range and types of food now taken BMI and plot Mealtime routine and eating and feeding behaviour Three day food diary Maternal depression Social history (abuse/neglect/abuse/deprivation/finances) Weight moved two major centile spaces downwards? Safeguarding (5% cases have safeguarding factors) YES NO Safeguarding threshold is met Not faltering Refer to HV & Dietitian (or GP if seen by HV weight Continue to Refer to MASH or social worker if open case Consider referral to an Infant feeding comonitor if ordinator concerned or discharge Follow Safeguarding referral pathway for faltering growth Home visit by HV team for holistic assessment, support with diet and meals observe meal times. No improvement Improvement - within 1-2 centile Rule out organic disease if dietary and /or

behavioural interventions below are

unsuccessful

Strategies to improve energy intake > 9 months

Dietary

- Three meals and two snacks each day
- Increase number and variety of foods offered
- Increase energy density of usual foods (for example, add cheese, margarine, cream)

spaces from earlier position

Discharge

- Limit milk intake to 500ml per day
- Avoid excessive intake of fruit juice and squash Behavioural
- Offer meals at regular times with other family members
- Praise when food is eaten, ignore when not
- Limit meal time to 30 minutes
- Eat at same time as child
- Avoid meal time conflict

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Leaflets

Healthy eating NHS guidance on healthy eating and nutrition for children, parents and families http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

Your baby's first solid foods: NHS guidance on weaning infants http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx