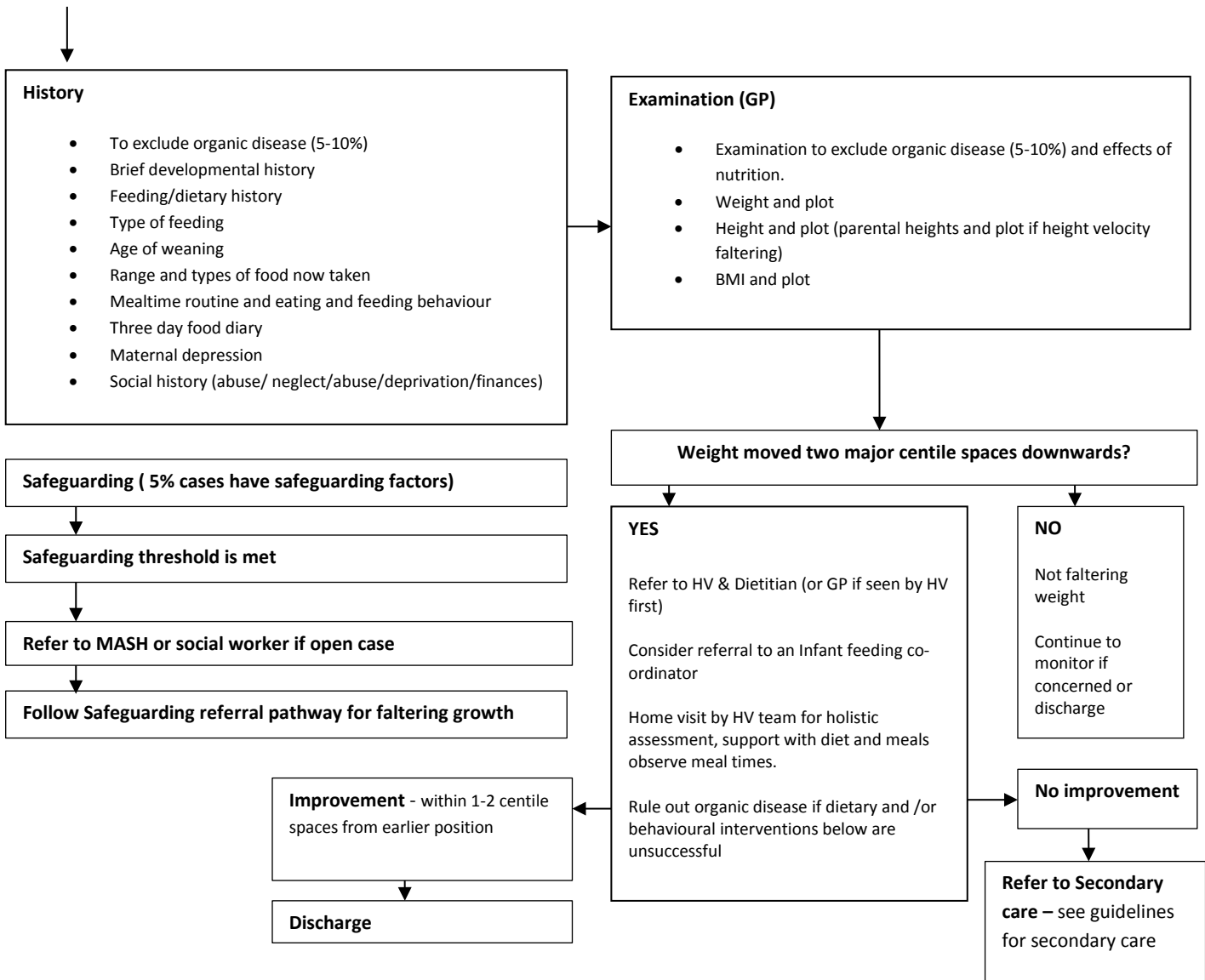


**Important tips** Check plotting error and check parental heights if additional short stature; Use UK-WHO growth charts; Weight gain pattern over time rather than single measurements (height velocity); Correct for prematurity (till 37 weeks) up to 2 years; Regression to the mean (smaller and larger babies tend to grow towards mean)



**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)
- 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

**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>