

Training Tool for Child Assessment Questions

JULY 2014

A: 100's Anthropometric

- Height/weight, %tiles
- Anything related to weight gain, loss, growth

Questions and Purpose/Risk Code

- (Ask only if concern) What has your doctor said about your child's growth?
 - Helps determine what other health care practitioners have discussed
- How do you feel about your child's growth? Probe for these topics depending on what participant shares: family's feelings on growth, weight change, prematurity/birth weight (if under 2 years)
 - Helps understand parent's perception of child's growth
 - Helps you understand parent's attitude about child's size

B: 200's Biochemical

- Blood tests
- Anything related to blood- anemia, lead

Questions and Purpose/Risk Code

- (If low Hgb) What has your doctor said about your child's iron?
 - Helps determine if participant has been diagnosed with anemia or has had low iron in the past
 - Provides opportunity to reinforce information or treatment given by MD
- (If low Hgb) What do you know about anemia?
 - Provides opportunity to build upon understanding that participant already has about anemia and effects on child's development
- Has your child had a lead test before?
 - Helps determine if participant has high blood lead level
 - May indicate need for referral
 - Risk code 211 may apply

C: 300's Clinical

- Health/Medical Conditions
- Anything related to medical history, medical conditions, MD access

Questions and Purpose/Risk Code

- Do you have any medical or nutrition conditions that you are currently being treated for such as food allergies, lactose intolerance, weight loss surgery, diabetes, or hypertension?
 - Helps determine if child has a medical condition that may need referral by WIC
 - May help indicate a need for medical formula
 - May indicate need for more information on condition and/or treatment
 - Risk codes 134, 345, 352, 353, 355, 359, 360, 362, others possible depending on medical condition
- When was the last time your child had a checkup at the doctor's office?
 - Helps determine if well child checkups are completed and on schedule
 - May provide opportunity for participant to share health information given by MD at that visit
- Are immunizations up-to-date?
 - Referral to appropriate resources may be indicated if not up-to-date

D: 400's Diet and Nutrition

Questions and Purpose/Risk Code

- What is mealtime like for your family?
 - Indicates parent/caregiver ability to recognize and respond to child's hunger cues
 - Indicates the appropriateness of the child's feeding environment
 - Provides opportunity to promote the advantages of family meals
- What makes you most happy about your child's eating?
 - Allows parent/caregiver to share concerns about this child's eating habits or health
 - May indicate parent/caregiver's viewpoint and influence direction of counseling
- Do you offer any vitamins, supplements, or herbal remedies?
 - Shows if child is getting appropriate supplements (Vitamin D)
 - Shows if child may be taking potential harmful herbs, herbal tea, or herbal remedies

TRAINING TOOL FOR CHILD ASSESSMENT QUESTIONS

- Refer to MD if excessive medications or herbal supplements/teas
 - Risk codes 425G and/or 425H may apply
- Does your child follow a special diet or have any diet restrictions?
 - Indicates if the child is following a restricted diet that may be low in calories or has problems with chewing or swallowing
 - Risk Code 425F or 425D may apply
- Does your child eat non-food items?
 - May indicate child is ingesting toxic substance
 - Need to evaluate amounts taken in
 - May need to refer to MD
 - Risk code 425I may apply
- Does your child feed him/herself?
 - Tells you about parent's perception of child's eating pattern and how the child eats or should eat
 - May lead to discussion of typical childhood eating behaviors and appropriate portion sizes
 - May lead to discussion of Division of Responsibility between parent and child. The child chooses what to eat and how much to eat and the parent continues to offer foods the child may not like
 - Risk Code 425D may apply
- How do you feel if your child doesn't finish his/her plate?
 - Discuss appropriate response to feelings of hunger/satiety
 - Helps to determine level of parent/child responsibility in feeding
 - Risk code 425D may apply
- Tell me about the beverages your child drinks. Water: what kind? Milk: what type? Juice/sugary beverages: how often?
 - Indicates if milk type is recommended for child's age
 - Skim or 1% for children over 2
 - Between 1 and 2 years, AAP recommends whole milk unless there are indicators of possible heart disease
 - Support MD recommendation for low fat milk made for 1 year old child if parents indicate such was made
 - Indicates what fluids child drinks
 - May indicate sugar and calories – may be related to weight changes
 - Helps determine if juice amount is appropriate (1 x/day)
 - Risk code 425A or 425B may apply (low-fat milk>2 yrs.)
- What does your child drink from? (Bottle, sippy cup, open cup)
 - Discuss appropriate use of bottle, weaning to cup, growth, and development

- Encourage continued use of open cup with child
 - Risk code 425C may apply
- What are some of your child's favorite foods/snacks? (Look for choking hazards & appropriate textures)
 - Indicates how healthy snack choices are
 - Indicates how much variety is in snack choices
 - Indicates appropriate texture or potential choking hazard
 - Risk code 425D may apply
- Are you offering cold deli meats, soft cheese, raw foods, or unpasteurized beverages to your child?
 - May indicate intake of food potentially contaminated with pathogenic microorganisms
 - Be aware that most packaged soft cheese bought in grocery stores are made with pasteurized milk
 - Risk code 425E may apply

E: 900's Environmental/Other Factors

Questions and Purpose/Risk Code

- Are there times when anyone makes you feel unsafe for your child or yourself? Probe for safety/abuse, drug/alcohol abuse, foster care
 - Give appropriate referrals
 - Determine if your local agency requires mandatory reporting
 - Risk code 901, 902, 903, 904 may apply
- Do you feel your family could use support from other programs for housing or food at this time?
 - Helps to show food security or insecurity
 - May indicate need for referrals
- What are some physical activities that your child enjoys?
 - Help the parent/caregiver choose alternative, active physical activities that the whole family can enjoy
 - Regular activity is part of a healthy lifestyle

Minnesota Department of Health - WIC Program 85 E 7th Place, PO BOX 64882, ST PAUL MN 55164-0882; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us. To obtain this information in a different format, call: 1-800-657-3942.