

## Staff Resources: Child Weight Case Study

Click on the quick link to review each section on this page:

[Resources for staff](#), [Resources for participants](#), [Questions and answers](#)

### Resources for staff

[WIC 113 Obese \(Children 2-5 Years of Age\)](#)

[Section 6.6: High Risk Individual Nutrition Care Plans](#)

[Exhibit 6-A High Risk and Medical Referral Criteria](#)

[Weight Inclusive Approach](#)

- [Growth Charts: Topic of the Month \(PDF\)](#)
- [Discussing Child's Weight: Topic of the Month \(PDF\)](#)
- [Weight Inclusivity & Growth: Topic of the Month \(PDF\)](#)
- [Responsive Feeding Practices: Topic of the Month \(PDF\)](#)
- [Indoor Play Time- Topic of the Month \(PDF\)](#)

[Media and Young Children: Topic of the Month \(PDF\)](#)

### Resources for participants

[Healthy Choices for Kids \(PDF\)](#)

[I Am Thirsty \(PDF\)](#)

[Picky Eaters \(PDF\)](#)

[Mealtime Routines \(PDF\)](#)

[Enjoy Family Meals \(PDF\)](#)

[Wichealth.org](#)

- Help Your Child Develop Healthy Eating Habits
- Making Mealtime a Family Time
- Happy, Healthy, Active Children

[Recipes](#)

### Questions and answers

- **Should we show participants the growth grid?**

- Growth charts help us assess health and nutritional status, assign risk codes, inform nutrition education, and determine what referrals/resources a family may need. Growth charts are not intended to be used as an instrument of education.
- Staff should refrain from showing families the growth chart unless requested. You may explain growth charts as a tool for monitoring growth trends over time; however, do not discuss specific BMI percentages.
- Discussion around weight can be sensitive. Staff should focus on behaviors (feeding, nutrition, development) instead of the number, percentiles, or charts.
- **Read more** about growth charts in the [Growth Charts \(PDF\)](#) Topic of the Month.
- **Read more** about supporting families on [WIC 113 Obese \(Children 2-5 Years of Age\)](#) in the 'Implications for Minnesota WIC Nutrition Services' and 'Implications for WIC Nutrition Services' sections.
- **How do we handle participants who are resistant to having their weight taken?**
  - At the WIC Program, anthropometrics screening is an important part of assessing growth—especially for infants, children, and pregnant and postpartum participants. When participants are resistant to having their weight checked, the approach should be respectful, participant centered, and focused on education rather than enforcement.
  - **General tips:**
    - **Start with education-** Clearly explain to participants why WIC monitors growth patterns.
    - **Use participant centered skills-** Remain nonjudgmental, validate their feelings, offer comforting techniques (distractions, parents place the child on the scale).
    - **Offer alternatives-** Accept measurements from the healthcare provider or reschedule and allow them to return with the measurements.
- **Do we want to tell parents that children should have 3 hours of activity throughout the day (ages 3-5)?**
  - WIC staff can promote regular, active playtime by sharing facts and addressing barriers that the family may have. Encouraging families to engage in physical activity can be challenging for some. It may be best to suggest small steps that they can take to help make active time a more manageable part of their already busy lives. Starting with sharing the benefits of daily activity may help to encourage families. Providing them with ideas and resources will help them take action.
  - One suggestion was to provide the [50 Fun Activities](#) handout. There is an updated version that can be sent via text or email at Wichealth to go.
- **How can we use Wichealth to go?**
  - WICHEALTH.org to go allows us to quickly share information by text or carefully search for nutrition education resources specially made for WIC participants. Additionally, you can find staff resources to help you utilize and promote wichealth effectively.

- More information can be found: [Wichealth.org - Exciting changes coming soon! \(PDF\)](#).
- **50 Fun Activities.** This updated resource can be shared from WIChealth to go. Search: [Fun Activities! Help children move their bodies - wichealth to Go](#).
- **To share resources by text:**
  - Log onto the [wichealth.org dashboard](#).
  - Look under “Client Nutrition Resources” Quick Links.
  - Click to browse wichealth to Gos.
  - Click the image you would like to share.
  - Click to send text, copy link, or download.

**TIP:** If you filter your search to ‘weight’ or ‘activity’ and enter the type as ‘textable image’, you will find relevant resources.

## References- complete listing of hyperlinks:

### [Lessons in WIC: Case Studies](#)

(<https://www.health.state.mn.us/people/wic/localagency/nutrition/casestudies.html>)

### [WIC 113 Obese \(Children 2-5 Years of Age\)](#)

(<https://www.health.state.mn.us/people/wic/localagency/riskcodes/113.html>)

### [6.6 High Risk Individual Nutrition Care Plans](#)

([https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6\\_6.pdf](https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/chsctns/ch6/sctn6_6.pdf))

### [6-A Minnesota WIC Program High Risk and Medical Referral Criteria](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/program/mom/exhbts/ex6/6a.pdf>)

### [Weight Inclusive Approach](#)

(<https://www.health.state.mn.us/people/wic/localagency/wtinclusive.html>)

### [Growth Charts: Topic of the Month](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/growthcharts.pdf>)

### [Discussing Child's Weight: Topic of the Month](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/childweight.pdf>)

### [Weight Inclusivity & Growth: Topic of the Month](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/weight.pdf>)

### [Responsive Feeding Practices: Topic of the Month](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/responsive.pdf>)

### [Indoor Play Time- Topic of the Month](#)

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/playtime.pdf>)

## STAFF RESOURCES: ANEMIA CASE STUDY SERIES

### Media and Young Children: Topic of the Month

(<https://www.health.state.mn.us/docs/people/wic/localagency/topicmonth/media.pdf>)

### Healthy Choices for Kids

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/childchoices.pdf>)

### I Am Thirsty

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/childthirsty.pdf>)

### Picky Eaters

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/childpicky.pdf>)

### Mealtime Routines

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/childmealtime.pdf>)

### Enjoy Family Meals

(<https://www.health.state.mn.us/docs/people/wic/nutrition/english/genfamilymeals.pdf>)

### Wichealth.org (<https://www.wichealth.org/>)

50 Fun Activities (<https://www.wichealth.org/Member/Resource/index/6280#page=1>)

Recipes (<https://www.health.state.mn.us/people/wic/recipes/index.html>)

### Wichealth.org - Exciting changes coming soon!

(<https://www.health.state.mn.us/docs/people/wic/localagency/nutrition/edchoice/wichealthchanges.pdf>)

wichealth.org dashboard (<https://www.wichealth.org/Support/Home/Dashboard>)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL, MN 55164-0975; 1-800-657-3942, [health.wic@state.mn.us](mailto:health.wic@state.mn.us), [www.health.state.mn.us](http://www.health.state.mn.us); to obtain this information in a different format, call: 1-800-657-3942.

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