



## **GENERAL INSTRUCTIONS**

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*Facilitators: Use this discussion guide as a companion to the Growth Concerns video for the group training session. The session is divided into sections when the video is paused and you facilitate discussion about the topic. Discussion questions are designed to generate ideas among WIC staff about how the information and associated WIC codes apply to working with clients and what staff experiences have been.*



## **VIDEO PART 1: Welcome and Overview**

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This video asks staff what they think of when they hear growth concerns. It also introduces the training content related to growth concerns.



### **DISCUSSION POINT 1: Six-Month Old Having Trouble After Eating**

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Scenario: Sabrina is at the clinic with her six-month-old son. When you greet her for your meeting and ask how she's doing she says, "I'm worried about Alejandro. Something is wrong." You ask her to tell you more. She explains, "After meals he is spitting up. He looks too thin. I think he isn't gaining weight. And I think he's not getting enough to eat because of the spitting up. I want him to be healthy. What am I going to do?"

Questions on screen:

1. What can you say to acknowledge Sabrina's feelings and worry?
2. What information do you start to gather from her?
3. What are the next steps?
4. How do you finish the visit, so Sabrina feels supported by you and WIC?



*Facilitator: Below are examples of the type of input that's expected. Specific answer wording isn't provided, but rather cues about what staff might say.*

*Expected answers:*

- 1. Wording that acknowledges Sabrina's concerns about Alejandro's spitting up*
- 2. Questions that ask for information related to his feeding, whether Sabrina has talked to her healthcare provider*
- 3. Documenting information in HANDS, making referrals, setting follow-up appointments*
- 4. Commend Sabrina for paying attention to Alejandro's eating habits and for being concerned about whether he's getting enough nutrition; encourage her to do recommended follow up as soon as possible, especially with her healthcare provider.*



*Facilitator: depending on how much DTRs and Registered Dietitians have contributed to the discussion, consider seeking additional input from them.*

- What can they add about counseling frontline staff might provide?
- What information do they think is most important to gather and document?
- What would they do to reassure Sabrina?



## **VIDEO PART 2: Growth Concerns or Normal Growth?**

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This video covers what normal growth patterns are so that staff have information to distinguish between normal growth and measurements that indicate growth concerns

### **Growth Measurements – Clues to Growth Concerns**

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This video covers the growth measurements that are fundamental to identifying possible growth concerns. It discusses growth charts by age and gender, the weight and height measurements, and head circumference tracking. The previous video provided information about normal growth.



### **DISCUSSION POINT 2: Staff Experience with Growth Concerns**

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*Facilitator: This discussion is an opportunity for staff to share what experience they already have with growth concerns. Be sure to solicit input from frontline staff and nutrition specialists/registered dietitians. Listen for similarities and differences in what they share.*

Questions on screen:

- What examples of growth concerns have you dealt with?
- Did the caregiver bring it up or did your assessment signal a potential concern?



### **VIDEO PART 3: WIC Codes 134 Failure to Thrive and 135 Slow/Faltering Growth Pattern**

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This video covers the definitions, measurements, and signs of failure to thrive and slow/faltering growth pattern. It emphasizes that failure to thrive is very serious and that slow/faltering growth can have long term consequences for a child.

#### **Growth Concerns - Medical**

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This video covers the variety of potential medical causes for growth concerns. The various body systems and associated diseases that can impact nutrition and growth are reviewed.



#### **DISCUSSION POINT 3: Two Failure to Thrive Diagnoses**

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Scenario:

You've met with two caregivers this week who each have a child diagnosed with Failure to Thrive. One child has chronic constipation. The other child has gastroesophageal reflux.

Questions on screen:

1. Why is it important to know their medical conditions?
2. How do we best support these caregivers?

*Expected answers:*



1. *Understanding medical conditions that can affect growth (such as chronic constipation and gastroesophageal reflux) not allows WIC staff to be able to explain the conditions WIC participants, but help troubleshoot potential solutions with them.*
2. *Providing participant centered services to these caregivers by offering suggestions to improve the cases of chronic constipation and gastroesophageal reflex respectively, can serve not only to provide relief for these conditions, but also may help to improve their overall growth.*



*Facilitator: If they haven't brought up any specifics, ask the nutrition specialists/registered dieticians what is most important in nutrition counseling and the child's care for each condition.*



#### **VIDEO PART 4: Growth Concerns Causes - Environmental**

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This video discusses the many environmental causes that can affect growth. From nutrition and feeding issues to family circumstances including stress and emotional health.



#### **DISCUSSION POINT 4: Growth Concerns Causes - Environmental**

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Questions on screen:

- Is there a most common reason for the growth concerns in families you counsel?
- What have you found is most useful in working with caregivers of children with growth concerns?
- What should you keep in mind when referring for nutrition counseling?



### **VIDEO PART 5: Growth Concern Treatment**

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This video covers the recommended treatment encompassing needed medical treatment as well as WIC nutritional education, counseling, and support. It mentions the stress caregivers and other family members may experience when providing care to a child experiencing either failure to thrive or slow/faltering growth.

### **WIC Role and Assessments**

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This video section covers the importance of assessment encompassing medical and environmental causes for growth concerns.



### **DISCUSSION POINT 5: Assessment for Faltered Growth Causes**

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Scenario:

A four-month-old is showing faltered growth patterns. The foster parent has been to the child's healthcare provider, and no underlying medical conditions were found. The foster parent is extremely frustrated because she can tell something is wrong.

What questions can you ask to assess for other causes?

*Expected answers:*

- *How long has the child been in foster care?*
- *What information has the foster parent received about the infant's health status?*



- *What is the foster parent's approach to feeding?*
- *What are the child's current feeding habits?*

*Facilitator: After the summary video, you may ask some or all of these reflection questions.*

- *What do you think is the most important information to remember from this training?*
- *What do you still need to learn more about (or what are you confused about)?*
- *Based on the content in this training, what is something you can do to provide exemplary service to participants?*

### **Citations and Resources**

1. Nutrition Care Guidelines  
<https://azdhs.gov/documents/prevention/azwic/agencies/nutrition-care-guidelines.pdf>
2. Nutrition Risk Manual:  
<https://azdhs.gov/documents/prevention/azwic/manuals/nutrition-risk-manual.pdf>
3. Underweight Training Video: <https://vimeo.com/213016139/eea3e8ff48>
4. Developmental Delays Training Video:  
<https://vimeo.com/210846528/7afe08c301>
5. Food Allergies Training Video: <https://vimeo.com/234064247/d726f92bf3>
6. CDC growth charts: [https://www.cdc.gov/growthcharts/clinical\\_charts.htm](https://www.cdc.gov/growthcharts/clinical_charts.htm)
7. WHO growth charts: <https://www.who.int/childgrowth/standards/en/>
8. Magic Foundation growth information :  
<https://www.magicfoundation.org/downloads/FailuretoThrive.pdf>