

HANDOUT 12.5. JOB AID 11: ASSESSING CHILD GROWTH

Is the child's growth optimal?

- Weigh the child and measure his/her height.
- Plot the weight and height on the growth chart.
- Assess whether the child is growing optimally by comparing the weight and height to the reference curves on the card.



If Yes

- Praise the caregiver and encourage him/her to continue to provide a balanced diet to the child to maintain weight and lean body mass.
- Stress good hygiene and food and water safety.
- Encourage the caregiver to seek immediate medical care in case of illness.
- Ensure the child has had all the appropriate immunizations.
- Encourage the caregiver to use iodized salt in food preparation.

If No

- 1. Review the diet to ensure it is adequate. If not:**
 - Counsel the caregiver on appropriate feeding for the child's age.
 - Discuss ways to increase energy and nutrient intake.
 - Address HIV-related symptoms that affect food intake.
 - Stress good hygiene and food and water safety.
- 2. If growth faltering is not nutrition related:**
 - Refer to the appropriate service for further management.
 - Encourage the caregiver to seek treatment for the child for opportunistic infections.
 - Ensure the child has had all the appropriate immunizations for his/her age.
- 3. Encourage the caregiver to have the child's weight checked regularly.**