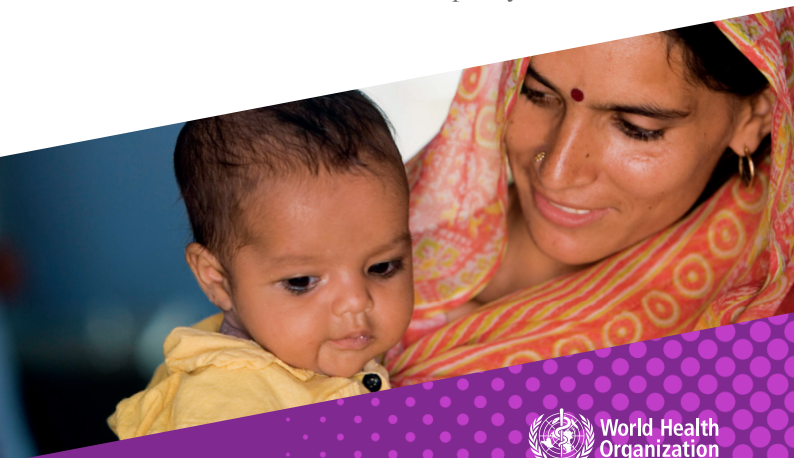



# 10 STEPS TO SUCCESSFUL GROWTH ASSESSMENT AND COUNSELLING





Note: The instructions refer to the child in masculine (he/his/him) to distinguish from the caregiver (she/her) who is referred to as “the mother” for simplicity





World Health  
Organization


**1** (  ) Take genuine interest in the child (look at him, smile, call him by name) to help him trust and feel safe with you. This is reassuring for the mother too.


**2** (  ) Observe how the child and mother are interacting and look for signs of what may require more attention.


**3** (  ) Explain to the mother why you're taking measurements and that you need her help to do them correctly. Guide her to help you.


**4** (  ) Plot the measurements on the chart, show it to the mother and explain to her how her child is growing. Link this conversation to the child's feeding, care, protection and stimulation.


**5** (  ) Compliment the mother for the behaviours she is putting into practice to promote healthy growth and development.

**6** (  ) When discussing possible causes of poor growth, engage the mother fully in the conversation and let her identify some potential causes herself.

**7** (  ) Listen to her with empathy, and encourage her to take the action that's within her means.

**8** (  ) Work together with her in defining feasible steps to help improve child's growth and development.

**9** (  ) Limit your advice to 2 or 3 actions for improved care and feeding that are most important and feasible.

**10** (  ) Ask checking questions to ensure that the mother understands the recommendations and then set a general goal for improved growth for the child's next visit.