

Infant and Toddler Answer sheet



Activity One:

Mark each statement below as True or False regarding best practice in measuring child growth accurately:

- Most children need to be weighed every month for the first twelve months.
True False
- Length or height should usually be measured whenever a child is weighed.
True False
- Children generally appear longer when measured lying down than when measured standing.
True False

Answers:

After first 2 weeks, if well, weights required only at time of routine immunisations / reviews

Measure length or height and head if concerned about weight gain, growth or development

When a child is measured standing up, the spine is squashed a little so the child may appear shorter

Activity two - Common patterns of growth

Look at the charts below and select the statement beside the chart which best describes the pattern of growth.

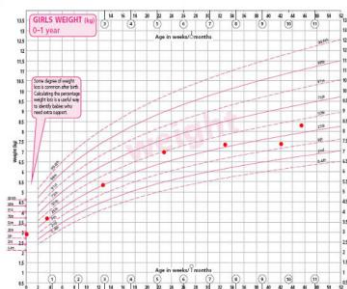


Chart 1:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

Answers:

This degree of variability is quite common. All weights have been within one centile space of early weights

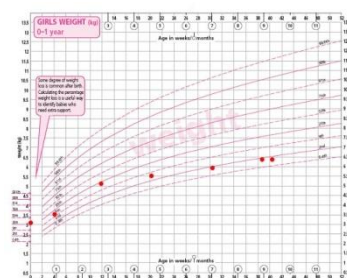


Chart 2:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

Answers:

Last few weights have dropped through >2 centile spaces – a pattern only 2% children would be expected to show

These children should be assessed first within primary care as they commonly have quite simple dietary or other

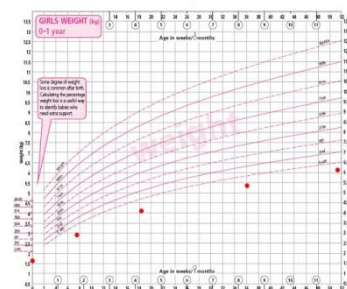


Chart 3:

- Normal growth
- Slow growth
- Rapid growth
- In need of further assessment or advice

Answers:

This child's weight has consistently been below 0.4th centile so should be assessed for that reason

Activity 3 – Length, height and adult Height Prediction

Read the scenario and complete the questions below:

Scenario: Mum is worried about Jenny as she has been having frequent colds and seems tired all the time. Three months ago Jenny had a three day admission with a chest infection and since then she has been coughing every night. Mum feels she is small for her age and the hospital have been monitoring her growth. At the age of 13 months her length was 71cm. At age 2yrs 1m it is 83 cm and her weight is 15.5 kg.

Plot the length/height data and answer the following questions:

- | | |
|--|-------------------------------------|
| | <u>Answers:</u> |
| 1. What is the length centile at age 13m? | 2-9 th |
| 2. What is the height centile at age 2yrs 1m? | 9 th to 25 th |
| 3. What is the tallest and shortest she is likely to be as an adult? | 159 +\ - 6 cm (153 – 165 cm) |

(Weight-height to BMI Conversion)

- | | |
|---|---|
| | <u>Answers:</u> |
| 4. What is the weight centile at age 2yrs 1m? | 98-99.6 th |
| 5. What is her BMI ? | Above 99.6 th (obese) |
| 6. What action might you take? | Offer advice about exercise and healthy diet. |