

College of Southern Idaho Head Start/Early Head Start Referral for Nutrition Consultant

Child's Name: _____ Age: _____

Instructions: Staff – check item that applies to the child. Read note to parent.

Reason for referral to Dietitian:

Overweight (BMI is at/above 95%) Child's BMI _____/or (Ht ___/Wt _____) date taken _____

Note to parent: Some children are in this category and it is normal for them because they have more muscle, or they have heavier bones. It is normal for them to be in this category when their weight follows the growth curve closely. It is not normal when their weight doesn't follow the growth curve and instead "stair steps" away from the growth curve.

The Registered Dietitian will discuss any nutrition or physical activity concerns you may have. She can give you recipes or snack ideas to help your child remain healthy.

Underweight (BMI is at/below 5%) Child's BMI _____/or (Ht ___/Wt _____) date taken _____

Note to parent: It is not typical for children to be in this category and can be a concern because these children are more at risk for illness. Some children have a hard time keeping out of the underweight category because of family history. These children may need some help to boost their weight.

The Registered Dietitian can talk to you about ways to increase your child's weight and discuss any nutrition or eating concerns you may have. She can give you recipes or snack ideas to help your child remain healthy.

As a service to Head Start families, Head Start is providing free Nutrition Consultation with a Registered Dietitian
Would you like to be contacted by our Nutrition Consultant?

Yes

No, I decline this service. My child is on WIC

No, I decline this service. Please state your
reason: _____

What method of contact would you prefer?

Home Visit

Meet at Center

Telephone conference with written materials

Telephone number _____

Best time to call _____

Parent's concerns if any :

Parent's Signature _____ / Date _____

Home Visitor _____ / Center _____