

Paediatric Growth Screening Algorithm

STEP 1 SCREEN

EVERY 6 MONTHS, FOR CHILDREN AGED 1 TO 5 YEARS,
PLOT WEIGHT AND HEIGHT ON RELEVANT GROWTH CHARTS*

Aged under 2 years: WHO Charts
Aged 2 years and older: CDC Charts

IF WEIGHT AND/OR HEIGHT MEASUREMENTS ARE:
<15th or >85th percentile (WHO Chart) **OR** <10th or >90th percentile (CDC Chart)
OR Growth measurement(s) have crossed percentiles from the previous reading

PROCEED TO VALIDATE

STEP 2 VALIDATE

ASSESS CHILD FOR RISK FACTORS (Y/N):



Growth patterns
differ from parents



Environmental or
social factors



Acute or
chronic illness



Selective feeding
behaviour



Change in
appetite

**IF 1 OR MORE RISK
FACTORS PRESENT:
PROCEED TO
INTERVENTION**

IF NO RISK FACTORS: REPEAT STEP 1 IN 3 MONTHS

**IF PERCENTILES NOT CHANGED:
REPEAT STEP 1 IN 6 MONTHS**

**IF GROWTH MEASUREMENT(S)
HAVE CROSSED PERCENTILES
PROCEED TO INTERVENTION**

STEP 3 INTERVENTION

FOR CHILDREN IDENTIFIED AT RISK OF POOR OR RAPID GROWTH VELOCITY, CONSIDER:

- Healthy, balanced diet guidance (food and fluid intake)
- Healthy feeding behaviour strategies (e.g. meal frequency, feeding skills)
- Age-appropriate physical activity
- Multi-nutrient oral nutritional supplement if nutritional intake is inadequate

CONTINUE INTERVENTION FOR 3 MONTHS THEN PROCEED TO REVIEW

STEP 4 REVIEW

REPEAT STEP 1

NO IMPROVEMENT:
REFERRAL to appropriate medical specialists
or allied health providers based on needs

IMPROVEMENT:
Continue with intervention and
REVIEW IN 6 MONTHS

This algorithm is intended as a guide only for children aged 1 to 5 years born at full term. Care should be tailored to each individual child.

*Weight-for-Age and Length/Stature-for-Age charts

WHO: World Health Organization; CDC: Centers for Disease Control and Prevention.