Managing Faltering Growth in Infants and Young Children Pathway

Healthier Together

NHS

Using WHO UK Growth charts

Early days

- >10% weight loss from birthweight, and/or
- birthweight not regained after 3 weeks

>3 weeks

- A fall across **1** or more centile if birthweight <9th centile
- A fall across **2** or more centiles if birthweight between 9th & 91st centile
- A fall across **3** or more centiles if birthweight >91st centile
- Current weight is <2nd centile

Use clinical judgement

- Measure length, determine mid-parental height centile if possible
- Plot growth on WHO UK growth chart

Clinical, developmental and social assessment

Is there a concern? e.g. medical/physical condition or illness (or dehydration)

NO

Detailed feeding / eating history:

Breast attachment/ bottle preparation

Frequency, duration, quantity and tolerance

Solid foods intake, type, timing, quantity and frequency

Environment

Parent-infant interactions

Physical disorder (cleft palate, tongue-tie, inverted nipples)

Consider direct observation by suitably trained professional

And/or parents/carer to keep feeding or food diary

Provide feeding support

- Establish **plan**, goals and review with parents/carers
- **Give simple advice** around managing any behavioural aspects (Click here 'What can I do if my child won't eat' leaflet)
- Ensure parents/carers are given **advice on high calorie foods** (Click here 'High energy diet for babies)

Review: goals met?

NO

YES

To ensure catch up growth and minimise excessive weight gain, monitor weight/length but no more than:

- Twice a week if <1month
- Fortnightly if 6-12 months
- Weekly if 1-6months
- Monthly if >1year

YES

Consider investigating e.g. for UTI or coeliac disease (if solids started) or as indicated by clinical assessment

Referral to Paediatrician / specialist services

- Support continuation of breastfeeding
- Consider high calorie infant formula:

  Suitable for infants up to 18months or 8-9kg

  SMA PRO High Energy®

  Infatrini®

  Similac High Energy®
- Clear communication of goals, action and follow up plans

Click here for additional guidance