

Visit Outline for Healthy Child Weight Counseling

1. Ask Permission

- a. Can we talk about how _____ is growing?
- b. Can we talk about _____'s weight?
- c. Can we talk about how _____ usually eats?
- d. Can we talk about what _____ does to stay active?

2. Elicit the Family's Concerns

- a. What do you think of _____'s weight?
- b. What do you think of what _____ usually eats?
- c. What do you think of _____'s activity level?

3. Assess Readiness to Change

- a. How important is it to you to improve _____'s weight, diet, and/or activity? Why is it important/why not?

4. ESPECIALLY IF THE FAMILY IS AMBIVALENT, Elicit Change Talk

- a. What would make _____ be more important?
- b. What would be the benefits of changing _____?
- c. What would be the down side of not changing _____?
- d. How would you like to make a change _____?

5. Collaboratively Set a Goal

- a. It looks like your screening form identified healthy changes you could make in X, Y, or Z. Which one of those are you most interested in working on?
- b. How confident are you that you will succeed? What or who will help you succeed?
- c. What might get in the way?

6. Summarize, Make a Follow-Up Plan and/or Referral

- a. We talked about changing _____ which is important to you because of _____. You will keep track of _____ every day. I referred you to _____ or you can come back to see us in 1-2 months to see how things are going.