

Sample Protocol for Infants and Children
Small for Gestational Age (SGA) (A92)

Definition	For infants and children \leq 24 months. Presence of SGA must be diagnosed by a physician as self-reported by applicant/participant/caregiver; or as reported or documented by a physician, or someone working under physician's orders.	
Objective	Promote adequate nutrition and make referrals for optimal growth, development and health.	
Instructions for Staff	<ol style="list-style-type: none"> 1. Review Nutrition Questionnaire/ISIS Summary Screen to determine eligibility. 2. Determine potential topic(s) for nutrition education/referral 3. Have a conversation with the parent/guardian of the participant to identify what they are interested in discussing or learning about within the parameters of the participant's category, developmental stage, and health /nutrition risks. 4. Provide Healthy Lifestyle Messaging and/or information about the risk condition, as appropriate. 5. Work with participant to identify constructive "next steps" 6. If the Summary Screen shows an "N", ask the participant about seeing a Nutritionist to answer questions about the identified medical condition. 7. Document the nutrition education contact in ISIS. 8. Make referral(s) and schedule follow-up as needed 	
Possible Assessment Information	<ul style="list-style-type: none"> • Birth weight/length • Current weight, height/length and percentiles • Gestation-Adjusted Age (see GEST AGE on the ISIS growth chart) • Low or Very Low H/H • Current medical conditions • Developmental delays – sucking and swallowing reflexes • Therapeutic formula • Breastfeeding • What does health care provider (HCP) say about your baby's condition? 	
Possible Topics for Discussion (Focus on Healthy Lifestyle Messaging)	<ul style="list-style-type: none"> • Growth pattern • Breastfeeding support • Introduction of solids based on developmental ability, not age • Reinforce recommendations given by HCP 	
Refer to the Nutritionist if participant agrees	<ul style="list-style-type: none"> • If birth weight is less than 1800 gm; • If poor growth or developmental delay • If the participant presents a prescription for therapeutic formula; and/or • If additional clinical codes include VLBW or Preterm Birth 	
Other Possible Triggers for Referrals to the Nutritionist	<ul style="list-style-type: none"> • Poor digestion, gastrointestinal issues • Feeding issues sucking or swallowing reflexes • Concern over growth pattern • Breastfeeding problems identified (refer to lactation counselor) • Does the participant have medical or social issues beyond the scope of the counseling session? 	
Possible Referrals for outside WIC	<ul style="list-style-type: none"> • Health Care Provider • Public Health Nurse • Food Bank/Food Stamp • Parenting Resource Network classes/ Support Groups 	
Suggested Education Materials		
<ul style="list-style-type: none"> • Feed Me Birth to 6 Months • Feed Me 6 to 12 Months • Sample Menus for Older Babies 8 to 12 months • Sample Menus for Older Babies 10 to 12 months 	<ul style="list-style-type: none"> • Feeding Your 1 to 3 Year Old • Feeding Your 4 to 5 Year Old • Healthy Choices for Kids • Time For a Cup • Playing with Your Baby/Toddler 	