



Assessing Changes in Growth at Home

We know that good growth is important for children, and sudden weight loss can be of concern. It may not always be possible to have access to a scale or height measure to be able to monitor your child's growth at home so we have compiled a list of things to look out for to help you.

Changes in weight:

Some of the signs of weight loss in children are:

- Previously well-fitting clothes becoming looser or baggier
- Increased prominence of bones i.e. ribs looking more noticeable or "bony"
- Visual decrease in fat stores i.e. face looking thinner, more prominent cheek bones, or a decrease in abdominal (tummy) fat stores
- Physically feeling lighter, if you pick them up often

The opposite can be observed with sudden weight gain over a short period of time and can also be of concern.

Changes in height:

Some of the signs of a child's height not changing are:

- For children under 2 years, visually not seeing any length growth for > 6 months
- For children above 2 years, not needing to buy new pants/skirts for ~1 year. It is important to note that children may go through periods of growth spurts in their younger years.

Other changes worth noting:

- Increased lethargy - sleeping much more than usual or not able to participate in physical activities as before
- Increased appearance of dark circles under eyes
- Increased appearance of pale complexion, independent of lack of sun exposure
- Decreased appetite
- Frequent loose stools or vomiting episodes

If you are concerned about any of the above points observed in your child, please contact stgh-tr.wandscomfeedingservice@nhs.net

