

## Growth Assessment

### Head Start Performance Standards

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§ 1302.42 (c) (2)

§ 1302.42 (b) (4)

#### Policy

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Head Start monitors the growth of all enrolled children annually. Height and weight measurements are part of the program's ongoing assessment procedures. Children are weighed and measured in the Fall. Children who fall outside of the normal parameters, or individual children with a concern, are reweighed and remeasured in January and April. Early Head Start children should have frequent measurements that coincide with Well-Baby visits. This should occur at 2, 4, 6, 9, 18, 24, and 36 months of age.

Teachers/Home Visitors may use current height and weight data from the child's doctor or from WIC if available. Teacher/Home Visitors will review the age and gender specific growth charts in ChildPlus to determine follow-up needs and to identify any new concerns.

Children with height and weight concerns or who need further evaluation will be referred to their primary care provider or to the Head Start Health Services Supervisor.

#### Procedure for obtaining children's heights and weights

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Before measuring height or weight, staff or parents will help the child if needed, remove their shoes and any heavy outer clothing, such as sweaters. If a child is unable to participate in Height/Weight measurements as described due to a disability or health condition, consult the Health Services Supervisor or Disabilities & Mental Health Supervisor to arrange for alternate methods of growth assessment.

##### Height

- For infants and children under two years of age, measure length using a recumbent length board. (Obtaining length measurements for infants and toddlers is difficult and requires the assistance of two adults to ensure accurate results).
- For children aged 2-5 years, measure heights with a stadiometer (height device) or a plastic or metal tape measure on wall.

##### Weight

- For older children, have the child stand still in the center of the scale with their shoes off. For infants and young children who cannot stand up, measure the child's weight using an infant scale.

**Note:** Because most scales are digital, weights will be displayed in pounds and decimal fractions of pounds. Round the weight up to the nearest tenth of a pound. To convert to pounds and ounces for ChildPlus, follow this guide:

0.2 lbs=3 ounces    0.4 lbs=6 ounces    0.6 lbs=10 ounces    0.8 lbs= 13 ounces

**Community Action Head Start  
Washington County, Oregon**

## **Documenting and tracking children's growth status**

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### **Recording screening results**

After the screening, the teacher must record the child's height and weight measurements on the Height/Weight Results form which is then sent home to parents. The Teacher/Home Visitor must enter the following information into ChildPlus as a Growth Assessment Event: date of measurement, height and weight.

After information is entered in ChildPlus, a percentile for the child's BMI is given. This indicates if a child is underweight, healthy weight, overweight, or obese. Please add student's weight class to the form for parents.

### **Tracking and evaluating children's growth status**

Teachers/Home Visitors review each child's growth chart as part of the child's nutrition assessment and to determine appropriate nutrition follow-up.

Children that fall outside of the healthy weight category will continue to be monitored throughout the year. Growth assessments will be conducted for these children again in January and April.

Teachers/Home Visitors will discuss the importance of ongoing well child visits with Head Start parents and will encourage them to participate in ongoing well childcare programs, such as WIC, where weight and length/height measurements are supervised and monitored by health care professionals.

If the Teacher/Home Visitor or parent identifies a growth concern, make a referral to the CACFP Supervisor and inform the parent that the CACFP Supervisor may contact them.