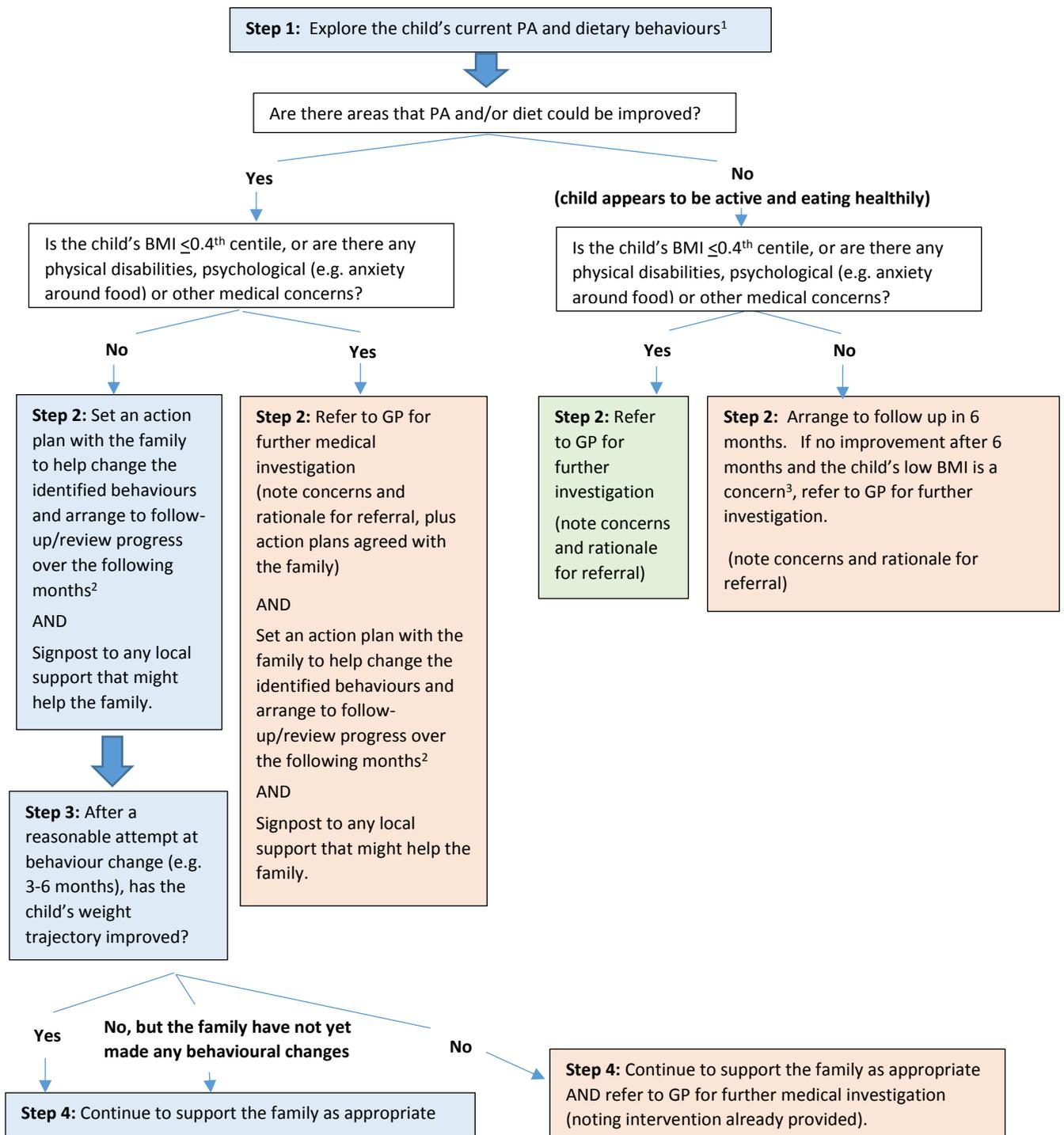


## What should I do if I find a pre-school child to have a very low BMI ( $\leq 2^{\text{nd}}$ centile)?



<sup>1</sup>See modules on Physical Activity and Sedentary Behaviour and Nutrition for guidance on talking about PA and diet with parents. Be aware that many parents may perceive or report their child to be eating healthily and be physically active (regardless of whether they actually are), therefore open questions can be used to try and understand what the child is eating and doing on a daily basis.

<sup>2</sup>See module on Behaviour Change Techniques for guidance on setting action plans and supporting behaviour change in families. Consideration should be given to any socio-economic reasons that could be leading to malnourishment, and whether further support can be sought to help the family.

<sup>3</sup>Factors to consider include ethnicity, child growth trajectory and parental height/weight (see module on Identifying pre-school weight), plus any gestational adjustments required (see UK WHO Growth Charts 0-4 years for further explanation).