Managing Faltering Growth in Infants and Young Children Pathway

Using WHO UK Growth charts

Early days
- >10% weight loss from birthweight, and/or birthweight not regained after 3 weeks
- A fall across 1 or more centiles if birthweight <9th centile
- A fall across 2 or more centiles if birthweight between 9th & 91st centile
- A fall across 3 or more centiles if birthweight >91st centile
- Current weight is <2nd centile
- Use clinical judgement

>3 weeks
- Measure length, determine mid-parental height centile if possible
- Plot growth on WHO UK growth chart

Clinical, developmental and social assessment

Is there a concern? e.g. medical/physical condition or illness (or dehydration)

NO

Detailed feeding / eating history:
- Breast attachment/ bottle preparation
- Frequency, duration, quantity and tolerance
- Solid foods intake, type, timing, quantity and frequency
- Environment
- Parent-infant interactions
- Physical disorder (cleft palate, tongue-tie, inverted nipples)
  - Consider direct observation by suitably trained professional
  - And/or parents/carer to keep feeding or food diary

Provide feeding support
- Establish plan, goals and review with parents/carers
- Give simple advice around managing any behavioural aspects (Click here ‘What can I do if my child won’t eat’ leaflet)
- Ensure parents/carers are given advice on high calorie foods (Click here ‘High energy diet for babies’)

Referral to Paediatrician / specialist services

YES

Consider investigating
- e.g. for UTI or coeliac disease (if solids started)
- or as indicated by clinical assessment

Review: goals met?

NO

To ensure catch up growth and minimise excessive weight gain, monitor weight/length but no more than:
- Daily if <1month
- Fortnightly if 6-12 months
- Weekly if 1-6 months
- Monthly if >1year

YES

Support continuation of breastfeeding
- Consider high calorie infant formula: Suitable for infants up to 18months or 8-9kg
- SMA PRO High Energy
- Infatrini®
- Similac High Energy®
- Clear communication of goals, action and follow up plans

Click here for additional guidance