

Promoting Healthy Nutrition

Brief Motivational Intervention



Children's National.

Initial Visit

Opening the Visit

1. *Explain the Purpose of the Visit:*

I am happy you are here today to discuss your child's growth, weight and eating habits. I would like to support your family in the healthy growth of your child through a discussion on nutrition, physical activity, sleep and development. Today I would like to discuss your child's current eating habits, share some information about healthy nutrition, and help you set goals for your child and family.

2. *Ask Permission to Provide Information:*

How does this sound? Is there anything else you would like to talk about today?

Assess Current Eating Behavior

Can you tell me about your child's current eating habits?

→ Optional further probing question: *What are you already doing to help your family stay healthy?*

Are there any specific areas in which you'd like to improve and believe you can focus your attention?

Assess Readiness to Change

On a scale from 1 to 10, 1 being not ready to make any changes, and 10 being very ready to make changes, how ready are you to work on your child's healthy eating habits?

Ask **one** further probing question:

→ Straight question: *Why did you choose a (insert # family chose)?*

→ Forward question: *What would it take to move you from a (insert # family chose) to a (higher #)?*

→ Backward question: *Why did you choose a (insert # family chose) and not a (lower #)?*

Negotiate the Agenda & Share Information

1. *Negotiate the agenda:* Based on what you've told me about your child's current eating habits, some topics I thought we could discuss today are: *list nutrition topics for visit from Nutrition Counseling sheet*

→ *Out of those topics, is there one topic in particular you would like us to focus on?*

2. *Share Information:* Discuss topic(s) for the day, focusing on the parent's area of interest / concern

→ *Assess for understanding:* *We talked about a lot today, is there anything I can repeat or clarify?*

Close the Visit Collaboratively: Set Goals for lifestyle change targets

1. *Set Goals:* Based on what we've discussed today, can you make 1 or 2 goals to work on with your child over the next couple of months until we meet again?

→ Help family choose 1 or 2 **SMART** goals (specific, measurable, achievable, relevant, time-bound)

2. *Encourage:* *Those are great goals! Making changes is not easy! What are some practical things you can do to help your family reach your goals? How can I help you meet your goals?*

3. *Teach Back:* *Can you please tell me a few things you learned today? Can you please state back to me again your goal(s) you are going to work on over the next few months?*

4. *Show Appreciation, Express Confidence:* *Thank you for being willing to discuss your child's growth.*

5. *Confirm next steps, arrange for follow up:* *I would like to see you back in 2 months to check in on your progress towards meeting the goals you set today, and to continue to learn about healthy nutrition and lifestyle. Does this sound good?*

5 minutes

5 minutes

5 minutes