

Promoting Healthy Nutrition

Brief Motivational Intervention



Children's National.

Subsequent Visits

Opening the Visit

1. *Explain the Purpose of the Visit:*

I am happy you are here today to continue to discuss your child's growth, weight and eating habits. Today I would like to discuss the goals you set last visit, share some more information about healthy nutrition and lifestyle, and help you continue to work towards goals you set for your child and family.

2. *Ask Permission:* Can we start our visit today discussing the goals you set last visit?

5 minutes

Assess Change

Last visit you set X goal. On a scale from 1 to 10, 1 being you do not feel you achieved your goal at all, and 10 being you feel you fully achieved your goal, how close do you feel your family got to achieving your goal?

→ You chose number X, tell me more about why you chose that number?

→ Identify an area of success and celebrate this area, give positive encouragement

Negotiate the Agenda & Share Information

1. *Negotiate the agenda:* Some topics I thought we could discuss today are: list nutrition topics for visit from Nutrition Counseling sheet

→ 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?*

5 minutes

Close the Visit Collaboratively: Refine Goals

1. *Refine Goals:* Based on what we talked about today, are there any new goals you want to set or do you want to keep working towards your current goals? [SMART format]

2. *Access confidence in reaching goals:* On a scale of 1 to 10, with 1 being not confident at all, and 10 being very confident, how confident are you that you and your child can reach this goal?

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 #)?*

3. *Overcoming challenges:* How can we work together to overcome any challenges you are facing?

4. *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?

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

6. *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