

Step	Conversation prompts / ideas
Step 1. Approach to discussing a child's weight	
Measure weight and height and convert to BMI	We checked your child's BMI (explain/show). Your child's BMI is currently going towards, or is in the range, where there may be some health concerns in future.
Elicit parent's views/concerns	What concerns, if any, do you have about your child's weight or size? Are there any activities that may be affected by this?
Reflect	So you've noticed that he/she has jumped two sizes this year, or he/she doesn't want to climb stairs or go swimming.
Ask about family history/reflect	Are there others in your family/whānau with diabetes or other conditions related to weight/size? Do you think your child might be at risk of diabetes in future?
Step 2. Brief conversation about modifiable factors	
Assess nutritional status	
Identify types of food consumed by child and family	Brief questions (or follow up from <i>Healthy Habits Questionnaire</i>) <ul style="list-style-type: none"> Fizzy drinks? Other sugary drinks? (e.g. flavoured milk, juice, sports drinks, Raro) Vegetables, fruits? Takeaways? Junk food snacks?
Elicit information on other risk factors for sub-optimal nutrition	<ul style="list-style-type: none"> What is typical breakfast? Does the family eat together? In front of the TV? Preschool meals, school lunches? Do children help with preparing meals?
Assess sleep and activity	Assess sleep routines/screen time/technology in bedroom/daily activities
Provide feedback	
Provide positive feedback for behaviours or practices in optimal range	You are doing well with sugary drinks. (<i>"I know it's not healthy, but we are down to just a few fizzy drinks a week. I try to give him water whenever possible."</i>) So you have been able to make a change without too much stress.
Provide neutral feedback for behaviours or practices not in the optimal range.	Your child watches four hours of TV on school days. What do you think about that? (<i>"I know it's a lot but he gets bored and picks fights with his younger brother."</i>) So, watching TV keeps the household calm.
Step 3. Make a plan (use 5210 Goal Tracker to support planning)	
Identify and ask which of the behaviours/risk factors the parent/child may be interested in changing or easiest to change.	We've talked about having too many takeaways and how TV viewing is more hours than you'd like. Which of these do you think you and your child could change? (<i>"Well, I think we could have fewer takeaways, but I don't know what he would do if he couldn't watch TV."</i>)
Agree on possible target behaviour	That sounds like a good plan.

Step 4. Assess motivation and confidence

Willingness/importance	On a scale of 0 to 10, with 10 being very important, how important is it for you to reduce the amount of takeaways your child has?
Assess confidence	On a scale of 0 to 10, with 10 being very confident, once you have decided to reduce the numbers of takeaways, how confident are you that you could succeed?

Explore importance and confidence ratings

Benefits	You chose 6. Why did you not choose a lower number? (<i>"I know that all that grease is bad for him."</i>)
Barriers	You chose 6. Why did you not choose a higher number? (<i>"It's quick and cheap and he loves it, especially the toys and fries."</i>) Reflection: So there are benefits for both you and him.
Solutions	What would it take for you to move to an 8? (<i>"Well, I really want him to avoid diabetes. My mother and father have diabetes and my grandfather died from it, so maybe I could get into cooking a bit more."</i>)

Step 5. Summarise and discuss possible changes

Query next steps	From what you mentioned it sounds like eating fewer takeaways may be a good first step, or, how are you feeling about making a change?
Probe plan of attack/offer suggestions	What might be a good first step for you and your child? <i>or</i> What might you do in the next week or even day to help move things along? <i>or</i> What ideas do you have for making this happen? If it's okay with you, I'd like to suggest a few things that have worked for some of my patients.
Summarise/change plan; Provide positive feedback	Involving child in cooking or meal preparation, ordering healthier foods from takeaways, and trying some new recipes at home.

Step 6. Schedule follow-up visit

Agree to follow-up visit within X weeks or months	Let's schedule a visit in the next few weeks/months to see how things went.
Discuss referrals to other health professionals or programmes.	This is a good time to make a referral to other health professionals or other local services.
If no plan is made	Sounds like you aren't quite ready to commit to making any changes now. How about we follow up with this at your child's next visit? <i>or</i> Although you don't sound ready to make any changes, between now and our next visit you might want to think about what you can do to support your child to grow into a healthy weight.

Adapted from Barlow SE; Expert Committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. *Paediatrics*. 2007