

Growth charts and BMI Calculation

WHO charts for Canada www.whogrowthcharts.ca
 BMI = mass in kg/(height in metres)²
 BMI = [weight in pounds/ (height in inches)²]*703
Screen for obesity = BMI>97th %ile, overweight=85th to 97th %ile
www.dieticians.ca www.uspreventiveservicestaskforce.org

Daily Nutritional Recommendations

Age (years)	4 to 8	9-13	14-18 ♀	14-18 ♂
Vegetables & Fruit (servings)	5	6	7	8
Grain products (servings) Whole grains for at least half	4	6	6	7
Milk & alternatives (servings)	2	3-4	3-4	3-4
Meat & alternatives (servings)	1	1-2	2	3
Include a small amount - 30 to 45 mL - of unsaturated fat each day				
Vitamin D (IU) Health Canada	600	600	600	600
Upper limit (maximum)	3000	4000	4000	4000
No adjustment for latitude, pregnancy or lactation				

www.hc-sc.gc.ca

Measures for prevention of excess childhood weight gain

INTERVENTION	RECOMMENDATION
Fruits and vegetables	≥ 5 servings /day (or as appropriate for age in Canada's Food Guide recommendations)
Sugary and sugar-sweetened beverages	Avoid sweetened fruit drinks, sport-drinks and soft-drinks
Breakfast	<i>Eat breakfast daily</i>
Family meals	<i>Eat family meals, as many times as possible, includes breakfast, lunch and dinner</i>
TV viewing while eating	Do not eat in front of the television
Meals outside the home	Minimize; no "fast foods"
Food portions	Self-regulated by child
Physical activity	≥ 1 hour per day
Sleep time	Adequate sleep (see sleep recommendations)
Screen time	<i>Maximum 2 hours per day ; no television or video games in bedroom</i>

Physical Activity and Recreational Screen Time

Physical activity (PA) / Reducing Sedentary behaviour	> 60 minutes of moderate to intense physical activity daily Include vigorous PA for 60 min. ≥ 3 days per week Include muscle and bone strengthening ≥ 3 days per week
	Limit passive transportation (e.g., by car)
	Limit sitting for prolonged periods of time Encourage periodic or 'incidental' movement during times of prolonged sitting Allow time for free play
Limiting Screen Time	Includes television, computers, video games, electronic games, handheld games, some phone activities <i>Ages 5 to 17 – maximum 2 hours per day of recreational use</i> <i>Less is better for additional health benefits.</i>

www.csep.ca/guidelines www.cps.ca

Iron deficiency

Counsel at risk populations: encourage consumption of adequate dietary iron.
 Measure ferritin in those with multiple risk factors or for clinical suspicion.
 Common risk factors:

- Poor nutrition
- Socio-economic factors
- Adolescent
- Menstruating
- Vegetarians
- Regular blood donors
- Certain ethnic groups – First Nations, Indo-Canadians

Symptoms: tiredness, restlessness, attention-deficit/hyperactivity disorder (ADHD), irritability, growth retardation, cognitive and intellectual impairment.

www.bcguidelines.ca/guideline_iron_deficiency.html

Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php
 English
www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php other languages

Restrictive Diets

Ask about special diets such as vegetarian, gluten-free, dairy or lactose free
www.cps.ca/documents/position/vegetarian-diets

Sleep Recommendations (hrs/24hrs)

Age (yrs)	Actual Average	CPS	CDC
6-12 School age	9.2	10 to 12	At least 10
13-18 Adolescent	8.1 -9.0	9 to 10	9 to 10

www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child
http://www.cdc.gov/sleep/about_sleep/how_much_sleep.html
 Galland.Sleep Med Rev 2012;16(3):213-22.
 Iglowstein Pediatrics 2003;111(2):302-7.

Strategies for Good Sleep Habits – School – age children

Maintain a relaxed, predictable sleep routine - consistent and earlier bedtimes for all family members
 Encourage relaxed settings at bedtime (dim lights, calm environment)
 Identify and avoid negative sleep associations
 Decrease time, attention given to night waking
 Acknowledge nighttime fears and provide reassurance
 Avoid daytime napping
 Interact with children at bedtime

- Avoid replacing parental attention with TV, computer or video games
- No electronics or media in the bedroom (including adult bedrooms)
- Limit screen time before bedtime (avoid 1-2 hrs before bedtime)

Reading is an essential part of the bedtime routine
 No foods or drinks that contain caffeine (including chocolate and soft drinks) before bed, as it may interfere with sleep onset and quality
 Avoid stimulant medications (e.g., cough medicines, decongestants)
 Consult with a primary care practitioner about snoring or other sleep concerns

Strategies for Good Sleep Habits – Adolescents

Have a consistent bedtime routine
 Try to keep sleep and wake times the same for weekdays and weekends
 Avoid daytime napping
 Have a relaxed setting at bedtime (dim lights, calm environment)
 Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
 Fall asleep in your bedroom, not on the couch
 Avoid caffeine after mid-afternoon and later
 Don't smoke, and don't use alcohol, herbal products or over-the-counter sleep aids to help you sleep
 Avoid media/electronics in the bedroom
 Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
 Consult with a primary care practitioner about snoring or other sleep concerns

www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child
www.sleepeducation.org

Environmental Health Resources

American Academy of Pediatrics: Pesticides & Herbicides Guidelines and Reviews: pediatrics.aappublications.org/content/130/6/e1757
 Canadian Partnership for Children's Health and Environment / Physician & Patient Resources: www.healthyeenvironmentforkids.ca/english/
 CDC National Center for Environment Health : www.cdc.gov/environmental/
 Commission for Environmental Cooperation www.cec.org/children

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only.