

# Growth and/or Weight Gain Chart Sample Scripts:

## Initial Growth Grid Explanations:

- **"In general, [kids/pregnant women] plot somewhere between these lines. [You are/your child is] plotting here today."**

## Asking About Grid:

- **"We only have one measurement to look at today, what is more important is how this looks over time. "**  
OR
- **"What is more important than the dots, is the trend and if it stays along the same line on the grid."**

## Transitioning to "D":

- **"I would like to get a better idea of how [you are/he/she is] eating."**  
OR
- **"The [growth/weight grid] is only one piece of the puzzle when it comes to nutrition. I would like to hear more about how you feel [your/his/her] appetite is."**

### Note:

- Avoid using "judgmental" language (i.e. underweight/overweight/small/big).
- If [client/caregiver] asks for numbers, provide them with the appropriate information and facts.

