

WELL-CHILD PROJECT: PART I

I. Identifying Data

- a. Caden
- b. Blonde hair, blue eyes, fair/healthy skin, skeletal development appears to be healthy, muscle turgor appears to be healthy and teeth are white and look healthy.
- c. Caden's mom works full-time to make ends meet. She is recently divorced and is having a hard time being a single mom of three children. Caden has an older brother who is seven and a younger brother who is two. While Caden's mom works, grandma watches the children during the day. Caden spends most of the day with his grandma and nights with his mom. Caden visits his dad every other weekend. Caden has a good relationship with his dad, mom, grandma, and both of his brothers. Overall, he is an easy going child.

II. Health History

- a. Male, 3 years 1 month old
- b. Birthday: February 1, 2009
- c. Birth weight and height
 - i. 7lb 10oz. (50%)
 - ii. 21.5in (98%)
- d. Current weight and height:
 - i. 37lb
 - ii. 38in
- e. 2 siblings
 - i. Cameron 7 years old
 - ii. Carson 2 years old
- f. Mother's Obstetrical history
 - i. 35lb
 - ii. Term: 39 weeks
 - iii. Parity: 2 (Cameron and Caden)
- g. No medications
- h. No dental history
- i. No allergies or food intolerances

III. Developmental Skills Assessment

- a. **Suspect:** ≥ 2 Cautions
 - i. "CAUTIONED" Items
 1. Put on T-shirt
 2. Wash & dry hands**Total= 2 items**
 - ii. According to these results, Caden should be rescreened 1-2 weeks later.

IV. Nutritional Assessment

- a. 24 hour recall
 - i. Breakfast
 1. ½ cup Lucky Charms cereal
 2. ¼ cup 2% milk
 - ii. Lunch
 1. 1 whole Quesadilla with chicken and cheese
 2. 6 fluid oz. grape juice
 - iii. Snack
 1. ½ medium size apple
 2. 2 tbsp peanut butter
 - iv. Dinner
 1. 1 cup spaghetti with meat and tomato sauce
 2. ¼ cup cooked carrots with glazed butter
- b. Caden's macronutrient distributions are overall doing just fine. According to his 24 hour recall, there is a concern with carbohydrate (% calories). The Choose My Plate Supertracker claims that he should consuming calories from carbohydrates at 45-65%, but Caden only consumed 41%. Caden should also consume more dietary fiber. Choose My Plate Supertracker claims that he should consume 19g, but he only consumed 14g. Overall, he is meeting his nutrient requirements in the rest of the areas.
- c. Caden is an easy eater. He will eat anything that is front of him. The only item of food that he is particular about is how his steak is cooked (which seems like he got this characteristic from observing his father's pickiness with steak).
- d. Caden does not consume any vitamin or mineral supplements.
- e. Caden's mom is on governmental assistance to help feed her three children. Food stamps have worked well for her to ensure that her children eat a variety of foods and provide proper nutrition.

V. Nutritional Care Plan and Implementation

- a. According to the Supertracker on the Choose My Plate website, Caden is consuming more calories than he is supposed to. I believe that his calorie intake is okay, as long as he continues to be very active. I am concerned with the high amount of empty calories that he is consuming. I would suggest the mom and dad to provide nutrient dense items of food for Caden (since he is capable and willing to eat many types of foods). I would also suggest to increase dietary fiber in his daily diet. This can be solved by consuming more fiber rich food items like nuts and beans. Lastly, I am concerned with the lack of vegetables in his diet. Since Caden is not a picky eater, it would be easy to put various types of vegetables on his plate.
- b. I would recommend the parent to encourage more vegetables and fiber in Caden's diet (even if others in the house hold do not like those food items). I would also recommend to decrease the amount of empty calories in Caden's diet. And lastly, I would recommend providing a children's multi vitamin for Caden to consume daily. This is an easy way to ensure that Caden is receiving all the proper nutrients in his daily diet. Overall, his mom is doing great with Caden's diet.

PART II: Follow-up (10 points):

I chatted with Caden's mom about the results from the developmental assessment and the nutritional assessment. I had never met his mother before, so I felt slightly awkward discussing how to help Caden improve his nutritional intake because I thought it would seem like I was telling her what she was doing wrong. I emphasized that Caden is doing great and that I have some recommendations to improve. He scored as a *suspect* in developmental skills when Caden was unable to wash & dry his hands on his own as well as put on a shirt on by himself. I made sure to emphasize that there is no need to have drastic concern, but if he continues to not be able to do this by himself for another year, then there is some concern. Also, I discussed that he is doing great as far as consuming his nutrients. I encouraged her to provide more grains in Caden's diet and more variety in vegetable and fruit consumption.

A week and a half after I chatted with Caden's mom, emailed her to see how Caden was doing. She explained that she realized that Caden was able to wash & dry his hands on his own as well as put on his own shirt when she allowed him to. She felt like it was easier to help him because he took too long to do those tasks. Her impatience was not allowing Caden to develop his developmental skills. She also explained that she purchased more of a variety of fruits and vegetables for the family. Since she is on food stamps, she does not feel like she is limited on what she can get for her sons. She was surprised that her sons ate whatever was on their plate. She realized that she did not buy those vegetables because she did not like them herself—therefore, her sons have not been exposed to very many vegetables. She expressed that she sets a goal to purchase foods that are nutritive for the benefit of her sons even though she may not like them herself.