

ACTIVITY HANDOUT: GROWTH EXPECTATIONS FOR CHILDREN WITH DISABILITIES

[MODULE 3: Nutrition Considerations for Children with Disabilities]

Discuss the following questions:

1. Do you expect this child to grow differently as part of their condition?
2. Are you concerned about the child's growth? Why or why not?
3. What information should you consider when interpreting this child's growth?

Case Scenario 1: Low weight but steady growth

Name: Daniel

Sex: Boy

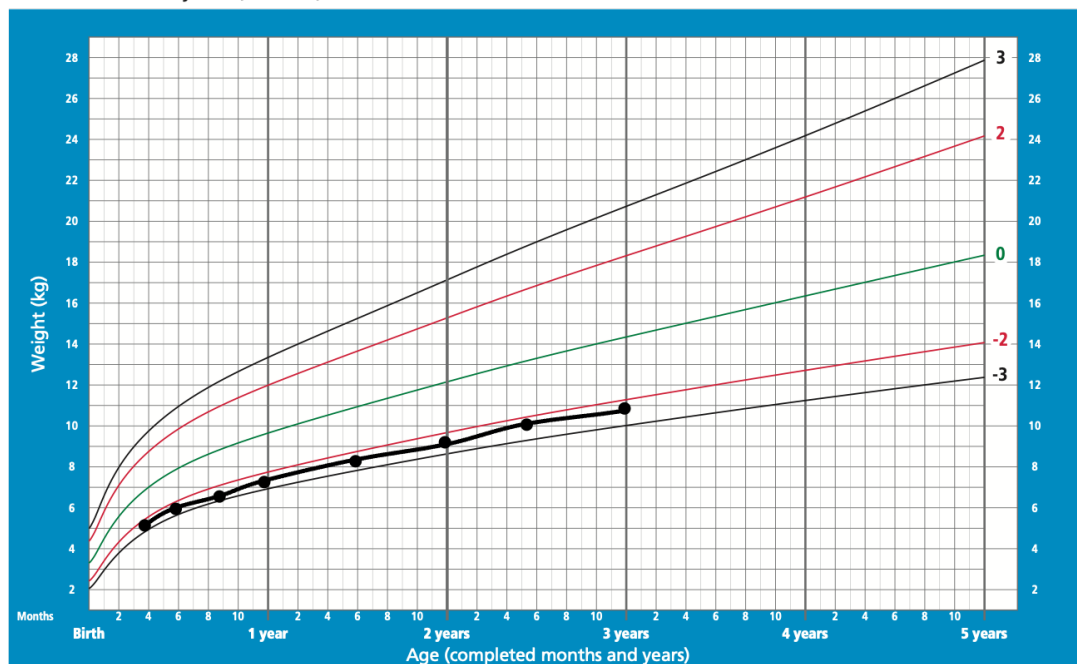
Age: 3 years

Disability: Cerebral palsy

Daniel has feeding difficulties and primarily eats puréed and mashed foods. He takes nearly an hour to finish each meal. His weight is below the -2 z-score, but it has consistently tracked along that same curve over the past year. He has good energy levels and seems to be doing well overall.

Weight-for-age BOYS

Birth to 5 years (z-scores)



WHO Child Growth Standards



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Case Scenario 2: Slow length gain

Name: Aisha

Sex: Girl

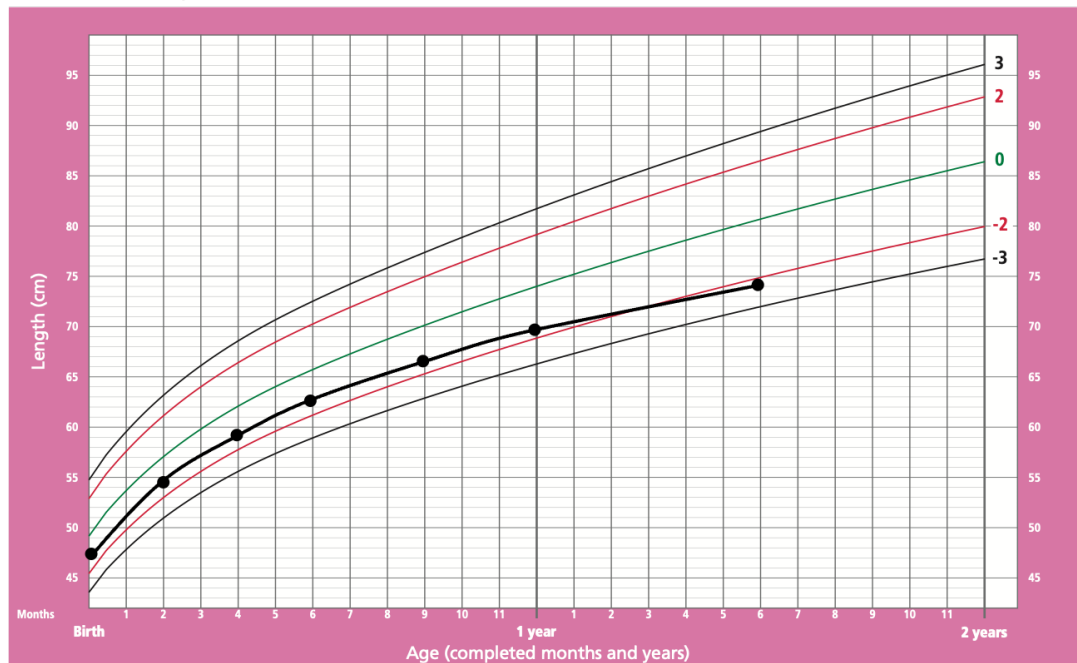
Age: 18 months

Disability: Down syndrome

Aisha's weight and length were within average ranges for the first year of life. Over the past 6 months, her length has dropped from the -1 z-score line to slightly below the -2 z-score line. She experiences some constipation. She's otherwise healthy, with good appetite and energy.

Length-for-age GIRLS

Birth to 2 years (z-scores)



WHO Child Growth Standards



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Case Scenario 3: Sudden weight loss

Name: Ziad

Sex: Boy

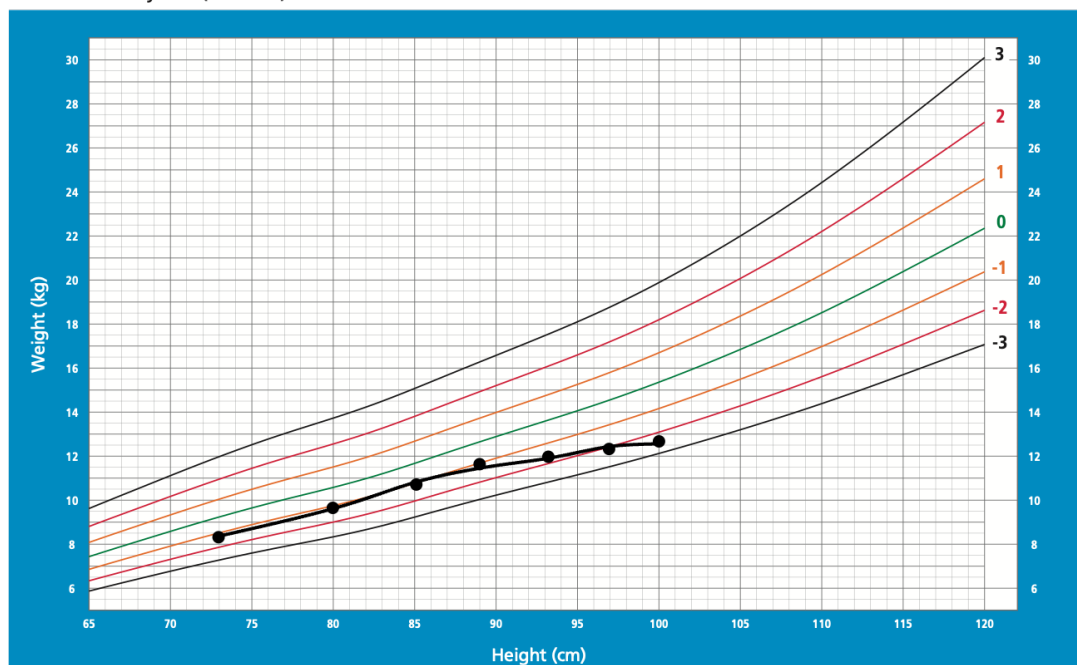
Age: 4 years

Disability: Autism

Ziad has become extremely selective about food over the past year, eating mostly dry, crunchy foods. He refuses fruits and vegetables and often skips meals altogether. His mother reports that he has lost noticeable weight, and his weight for height has dropped from the -1 z-score line to below the -2 z-score line.

Weight-for-height BOYS

2 to 5 years (z-scores)



WHO Child Growth Standards

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Case Scenario 4: Rapid weight gain

Name: Aya

Sex: Girl

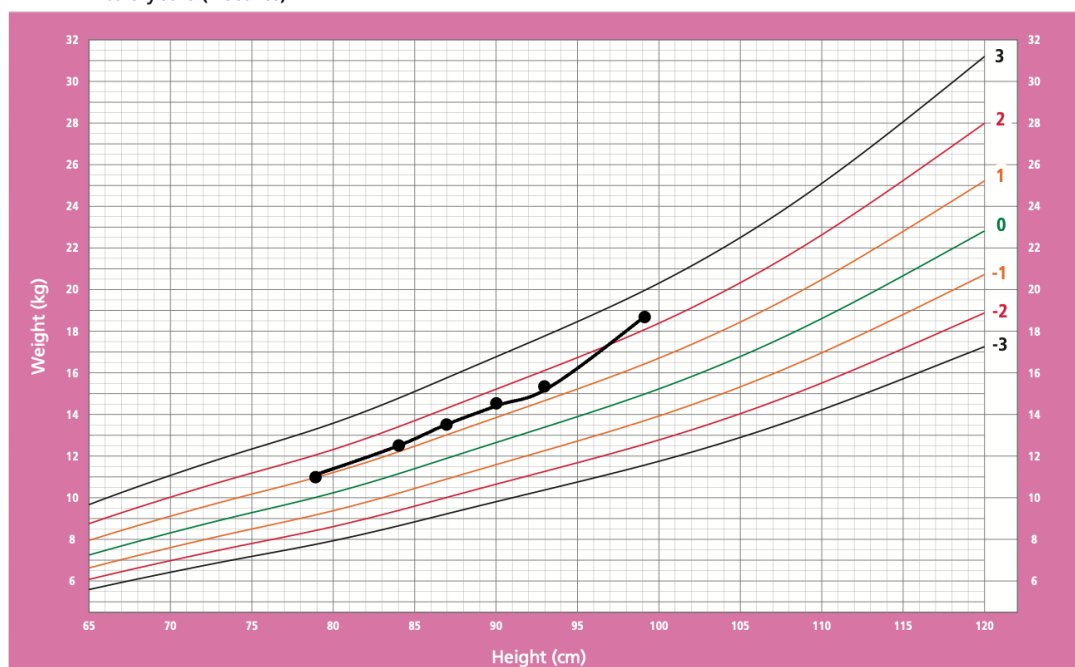
Age: 5 years

Disability: Spina bifida

Aya's weight has jumped from the +1 to the +2 z-score over the past year, though her height has remained around the -2 z-score line. She has limited physical activity and prefers high-calorie, high-sugar foods. Her caregiver says she snacks often and is rarely hungry for lunch and dinner.

Weight-for-Height GIRLS

2 to 5 years (z-scores)



WHO Child Growth Standards