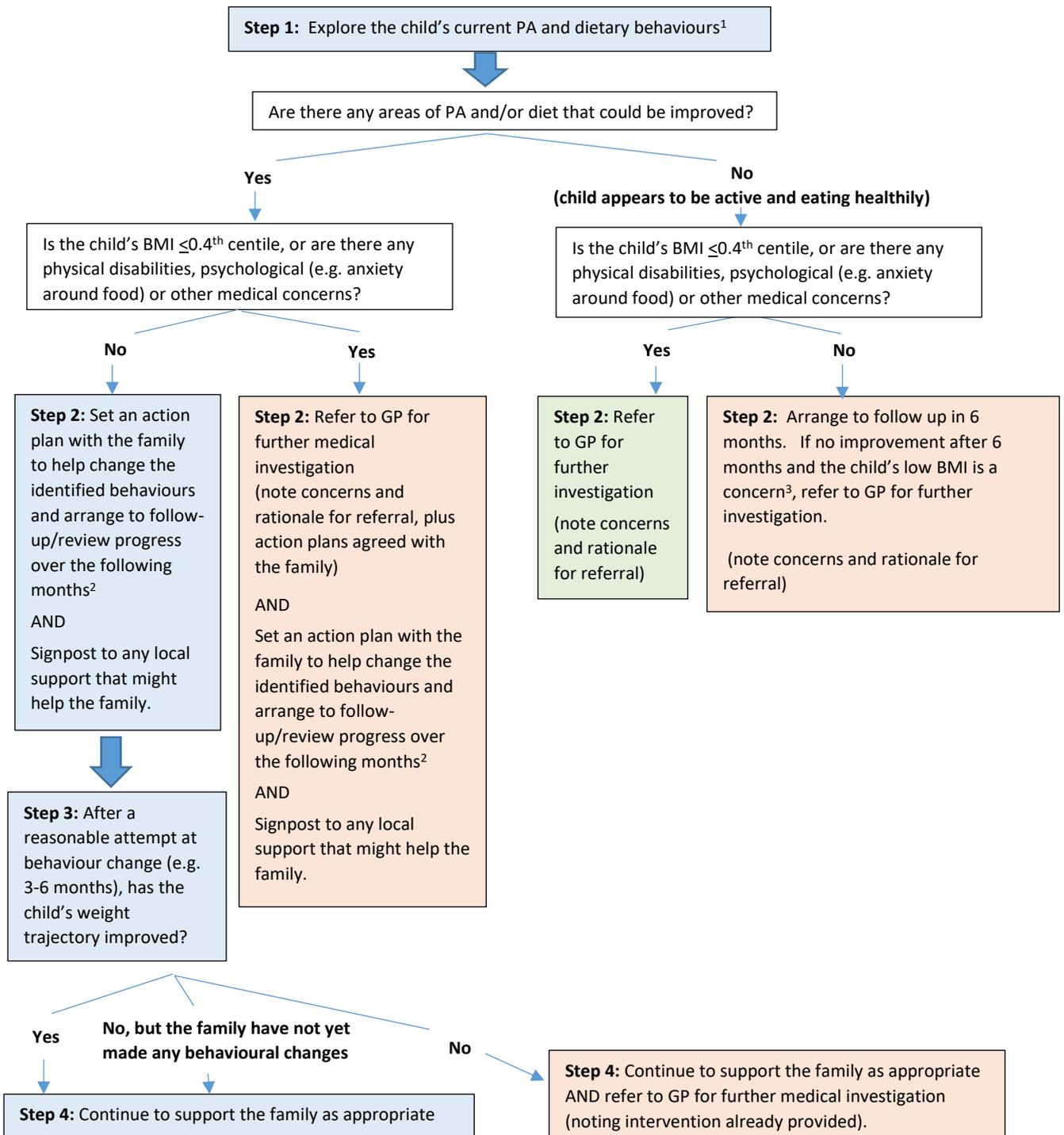


What should I do if I identify a child with a very low BMI ($\leq 2^{\text{nd}}$ centile)?



¹See [Infant and Child Nutrition](#) and [Physical Activity and Sedentary Behaviour](#) modules for guidance on talking about PA and diet with parents/carers. Be aware that many parents/carers may perceive or report their child to be eating healthily and be physically active (regardless of whether they actually are), therefore open questions can be used to try and understand what the child is eating and doing on a daily basis.

²See [Behaviour Change Techniques](#) Module for guidance on setting action plans and supporting behaviour change in families. Consideration should be given to any socio-economic reasons that could be leading to malnourishment, and whether further support can be sought to help the family.

³Factors to consider include ethnicity, child growth trajectory and parental height/weight, plus any gestational adjustments required (see UK WHO Growth Charts 0-4 years for further explanation).