

## Contribute to meeting the nutritional needs of babies, children and young people

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### Overview

This standard covers the assessment, monitoring and support of the general nutritional status of babies, children and young people receiving a range of services. It includes working in partnership with parents, carers and others who may have responsibility for providing nutrition for babies, children and young people. It is concerned with the oral intake of food and nutrition and includes support for children with specific dietary needs. Users of this standard should ensure that practice reflects up to date information and policies.

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## Performance criteria

You must be able to:

1. in partnership with parents and carers, establish the child's pattern of growth from birth to date using relevant records
2. carry out and accurately record initial physiological measurements of height, weight and body mass according to age and developmental level
3. establish the daily dietary requirements to meet nutritional needs for the child according to age, physical condition, underlying pathology and level of development
4. identify any:
  - 4.1 contra-indicated foods
  - 4.2 personal preferences
  - 4.3 eating/drinking difficulties the child may have
5. agree and record dietary requirements and monitoring arrangements in plan of care according to organisational policy
6. share information concerning dietary preferences, contra-indications and special arrangements with parents, carers, practitioners and others in contact with the child
7. encourage children and young people to choose healthy options from food choices that meet their requirements and preferences
8. provide physical/psychological support to encourage children to feed themselves independently according to age and developmental capability
9. provide special equipment to assist independent eating/drinking
10. provide support for children unable to feed themselves without assistance, where appropriate using techniques such as postural support / appropriate seating / jaw control to help children who have specific difficulties
11. monitor the daily food and drink intake of children in line with established dietary requirements and health needs
12. support and encourage children with reduced appetite to maintain their nutritional intake
13. carry out regular physiological measurements according to plan of care
14. report and document any deviation from agreed reference point for weight gain/loss and agree course of action
15. document any agreed changes to feeding and nutritional arrangements in care plan

Contribute to meeting the nutritional needs of babies, children and young people

## Knowledge and understanding

You need to know and understand:

1. legal, organisational and policy requirements relevant to your role and the activities being carried out
2. the nature, extent and boundaries of your work role and its relationship to others in your own and other organisations
3. the roles of other practitioners working with children, young people and families and how they relate between and across agencies
4. the importance of effective multi-agency working
5. the ethical issues, legal requirements and good practice guidelines on consent, including capacity issues and consent for children and young people
6. the principle of confidentiality and the implications for your practice
7. how to recognise and respond to the signs of injury, abuse or neglect and your responsibility in relation to raising concerns with the appropriate person or agency
8. local systems, procedures and protocols for safeguarding children, young people and vulnerable adults
9. the principles of equality, diversity and anti-discriminatory practice and how they are applied
10. the duty to report any acts or omissions in care that could be detrimental to the child or young person
11. the rights of children and young people to make decisions for themselves and to take risks in the context of their own lives, taking into account issues of capacity and your professional responsibility
12. the guidance that is available for your own practice and where to access this
13. current issues, research and evidence based practice relevant to your role
14. the conditions and issues affecting children and young people in your area of practice and how they can inter-relate
15. the differing needs of children and young people at different stages of their lives
16. how the needs of children and young people may affect others
17. child and young people's development, including emotional, physical, and social and how they affect one another
18. the effect of parenting capacity, family, environment and cultural influences on the health and wellbeing of children and young people
19. the factors that contribute to the risk of harm to children and young people
20. the correct equipment and procedures needed to ensure accurate weight and height measurement of children at different ages

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21. the theory and use of percentile charts, including the importance of accurate recording
22. how to calculate body mass index and the relevance of this to the assessment of children's long term health
23. the nutritional value of different foods and the dietary function of nutrients, including macro and micro nutrients
24. the current dietary guidelines to promote health, including dietary reference values
25. the specific nutritional requirements and dietary needs of children and young people including calorie requirements for growth and how these may be affected by the child's illness
26. different culturally determined dietary preferences
27. the diseases and conditions requiring specially adapted diets, including diet related diseases, common food allergies and intolerance
28. the preparation and handling of infant feeds, including breast milk and breast milk substitutes
29. the techniques that can be used to support and encourage children to eat and drink
30. the psycho social factors linked with and causing poor growth – non-organic failure to thrive
31. the importance of sharing information about and dietary restrictions or issues with parents, carers and other professionals
32. the role of different members of the health team in developing children's eating and drinking skills and how to refer appropriately
33. local sources of health and well-being information, advice and support for children and young people, and those involved in their care
34. the importance of keeping full and accurate records, and how to do so in line with organisational requirements

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### External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB2 Assessment and care planning to meet health and well-being needs

HWB4 Enablement to address health and wellbeing needs

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