

## BRIEF FOCUSED ADVICE – Role Playing Skit for CHDP Counseling the Overweight Child

*This is not an exact script; it provides an opportunity to experience the Brief Focused Advice counseling technique. The child depicted in the skit is approximately 8 years old. For children > 6 years old, communicate with the parent or both the child and parent. The tools used in this skit are available from the CHDP program.*

Engage the Patient/Parent

**Dr. Smith:** [To both]: Is it ok if we talk about your health and weight today? Do you have concerns about Roberto's health?

**Mrs. Mom:** Yes, we're all a little overweight in our family. I've wondered if my older son's and my husband's diabetes were caused by being overweight. I don't want this to happen to Roberto. I am concerned that Roberto seems to like watching TV all day.

**Dr. Smith:** Roberto, how are you feeling about your weight and health and what your mom said about TV?

**Roberto:** I guess I'm bigger than most kids in my class. Some kids at school call me names. I watch TV because there is nothing else to do after school.

Share Information

**Dr. Smith** [To both]: That must be hard. **[Points to the growth chart]** If you look at your growth chart, you'll see that Roberto falls above the area that we consider a healthy weight, increasing his risk for developing diseases like your family members. Let's talk about some small changes that the whole family can make to be healthier. Can we take some time to talk about what you can do as a family to make healthier food choices and add fun activity?

**Roberto:** Okay.

**Mrs. Mom:** Yes, I would like to talk with you. I don't want Roberto to be unhealthy or other kids to make fun of him.



**Dr. Smith:** [To mom] I understand. I'm sure you want him to be happy and healthy.

**[Points to 'Little changes. Big rewards.' Poster]** This poster shows important changes that will improve Roberto's health and weight. For today, let's pick just one of these simple steps to focus on. Roberto, which one would you pick?

**Roberto:** I like to play basketball at school, so how about the "Get Moving" one?

**Dr. Smith:** That sounds like fun. Mom, what do you think?

**Mrs. Mom:** Playing ball at school is great, but at home he just wants to watch TV. I know if Roberto went outside to play he would feel better and have fun.

**Roberto:** But there's no one to play with outside. It's boring.

Make a Key Advice Statement

**Dr. Smith:** [To both]: Well, let's talk about that. It's important to be physically active for 1 hour every day. Maybe there are some parks by your house where you can go play with your family and friends. **[Refer to the CHDP Resources to Prevent and Treat Child/Adolescent Overweight]** The Parks Department may have a group or activity class with kids your age that you can join. What do you think about that?

**Roberto:** That sounds okay.

**Dr. Smith:** [To mom] I've written down the Parks Department information. Can you call them this week?

**Mrs. Mom:** It's not too far from our home. We could walk there.

Arrange for Follow Up

**Dr. Smith:** Roberto, I know you can do this since you're already active at school. **[Give the Goal Tracker sheet and circle the 'Get Moving' box]** Mrs. Mom, here is a Goal Tracker that you and Roberto can use to keep track of activities. See the 'Get Moving' box; it helps you set a goal and track your progress. Let's set a time for another visit and please bring the tracker in so we can discuss your progress.

**Mrs. Mom:** That sounds good, thank you. I think more activity is a good first step for us.