

## Role Playing Skit for CHDP Promoting Healthy Weight

*This is not an exact script; it provides an opportunity to practice counseling techniques based on Kaiser's Brief Focused Advice and BJ Fogg's Behavior Model. The child depicted in the skit is approximately 8 years old. For children over 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? What concerns do you have about Roberto's health?

**Mrs. Mom:** Yes, we are all a little overweight in our family. I have wondered if my older son's and my husband's diabetes were caused by being overweight. I do not 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 will 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 activities?

**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 is boring.

## GUIDE THE FAMILY TOWARD BEHAVIOR CHANGE

**Dr. Smith:** [To both]: Well, let's talk about that. It is important to be physically active for 1 hour every day. What sports do you like to play when you and your friends play? (**motivation**)

**Roberto:** We like to play basketball or soccer.

**Dr. Smith:** Is there a park near your house? (**ability**)

**Roberto:** There's one about two blocks from our apartment. My mom lets me go there after school if I have a buddy and I'm back home by 4:30.

**Dr. Smith:** What could you do to help you remember to go to the park after school? (**trigger**)

**Roberto:** I could set the ball by the front door the night before so I'll see it when I get home.

## 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.