

Strength of Recommendations  
**Bold = Good**  
*Italics = Fair*  
 Plain Text = consensus or inconclusive evidence



<b>Growth charts and BMI Calculation</b>
WHO charts for Canada <a href="http://www.whogrowthcharts.ca">www.whogrowthcharts.ca</a>
BMI = mass in kg/(height in metres) <sup>2</sup>
BMI = [weight in pounds/ (height in inches) <sup>2</sup> ]*703
<b>Screen for obesity = BMI&gt;97<sup>th</sup> %ile, overweight=85<sup>th</sup> to 97<sup>th</sup> %ile</b>
<a href="http://www.dieticians.ca">www.dieticians.ca</a> <a href="http://www.uspreventiveservicestaskforce.org">www.uspreventiveservicestaskforce.org</a>

<b>Daily Nutritional Recommendations</b>				
Age (years)	4 to 8	9-13	14-18 ♀	14-18 ♂
Vegetables & Fruit (servings)	5	6	7	8
Grain products (servings)	4	6	6	7
Whole grains for at least half				
Milk & alternatives (servings)	2	3-4	3-4	3-4
Meat & alternatives (servings)	1	1-2	2	3
Include a small amount - 30 to 45 mL - of unsaturated fat each day				
Vitamin D (IU) Health Canada	600	600	600	600
Upper limit (maximum)	3000	4000	4000	4000
No adjustment for latitude, pregnancy or lactation				

[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

<b>Measures for prevention of excess childhood weight gain</b>	
<b>INTERVENTION</b>	<b>RECOMMENDATION</b>
Fruits and vegetables	≥ 5 servings /day (or as appropriate for age in Canada's Food Guide recommendations)
Sugary and sugar-sweetened beverages	<b>Avoid sweetened fruit drinks, sport-drinks and soft-drinks</b>
Breakfast	<i>Eat breakfast daily</i>
Family meals	<i>Eat family meals, as many times as possible, includes breakfast, lunch and dinner</i>
TV viewing while eating	Do not eat in front of the television
Meals outside the home	Minimize; no "fast foods"
Food portions	Self-regulated by child
Physical activity	≥ <b>1 hour per day</b>
Sleep time	Adequate sleep (see sleep recommendations)
Screen time	<i>Maximum 2 hours per day ; no television or video games in bedroom</i>

<b>Physical Activity and Recreational Screen Time</b>	
<b>Physical activity (PA) / Reducing Sedentary behaviour</b>	> <b>60 minutes of moderate to intense physical activity daily</b> <b>Include vigorous PA for 60 min. ≥ 3 days per week</b> <b>Include muscle and bone strengthening ≥ 3 days per week</b>
	Limit passive transportation (e.g., by car)
<b>Limiting Screen Time</b>	Limit sitting for prolonged periods of time Encourage periodic or 'incidental' movement during times of prolonged sitting Allow time for free play
	Includes television, computers, video games, electronic games, handheld games, some phone activities <i>Ages 5 to 17 – maximum 2 hours per day of recreational use</i> <i>Less is better for additional health benefits.</i>

[www.csep.ca/guidelines](http://www.csep.ca/guidelines) [www.cps.ca](http://www.cps.ca)

<b>Iron deficiency</b>
Counsel at risk populations: encourage consumption of adequate dietary iron. Measure ferritin in those with multiple risk factors or for clinical suspicion.
Common risk factors:
Poor nutrition
Socio-economic factors
Adolescent
Menstruating
Vegetarians
Regular blood donors
Certain ethnic groups – First Nations, Indo-Canadians
Symptoms: tiredness, restlessness, attention-deficit/hyperactivity disorder (ADHD), irritability, growth retardation, cognitive and intellectual impairment.

[www.hcguidelines.ca/guideline\\_iron\\_deficiency.html](http://www.hcguidelines.ca/guideline_iron_deficiency.html)

<b>Canada's Food Guide</b>
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php</a>
English
<a href="http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php">www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/guide_trans-trad-eng.php</a> other languages

<b>Restrictive Diets</b>
Ask about special diets such as vegetarian, gluten-free, dairy or lactose free
<a href="http://www.cps.ca/documents/position/vegetarian-diets">www.cps.ca/documents/position/vegetarian-diets</a>

<b>Sleep Recommendations (hrs/24hrs)</b>			
Age (yrs)	Actual Average	CPS	CDC
6-12 School age	9.2	10 to 12	At least 10
13-18 Adolescent	8.1 -9.0	9 to 10	9 to 10

[www.caringforkids.cps.ca/handouts/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child)  
[http://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](http://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)  
 Galland.Sleep Med Rev 2012;16(3):213-22.  
 Iglowstein Pediatrics 2003;111(2):302-7.

<b>Strategies for Good Sleep Habits – School – age children</b>
Maintain a relaxed, predictable sleep routine - consistent and earlier bedtimes for all family members
Encourage relaxed settings at bedtime (dim lights, calm environment)
Identify and avoid negative sleep associations
Decrease time, attention given to night waking
Acknowledge nighttime fears and provide reassurance
Avoid daytime napping
Interact with children at bedtime
<ul style="list-style-type: none"> <li>Avoid replacing parental attention with TV, computer or video games</li> <li>No electronics or media in the bedroom (including adult bedrooms)</li> <li>Limit screen time before bedtime (avoid 1-2 hrs before bedtime)</li> </ul>
Reading is an essential part of the bedtime routine
No foods or drinks that contain caffeine (including chocolate and soft drinks) before bed, as it may interfere with sleep onset and quality
Avoid stimulant medications (e.g., cough medicines, decongestants)
Consult with a primary care practitioner about snoring or other sleep concerns

<b>Strategies for Good Sleep Habits – Adolescents</b>
Have a consistent bedtime routine
Try to keep sleep and wake times the same for weekdays and weekends
Avoid daytime napping
Have a relaxed setting at bedtime (dim lights, calm environment)
Get exercise every day, but avoid high-intensity exercise within 3 hrs of bedtime
Fall asleep in your bedroom, not on the couch
Avoid caffeine after mid-afternoon and later
Don't smoke, and don't use alcohol, herbal products or over-the-counter sleep aids to help you sleep
Avoid media/electronics in the bedroom
Limit screen time before bedtime (avoid 1-2 hrs before bedtime)
Consult with a primary care practitioner about snoring or other sleep concerns

[www.caringforkids.cps.ca/handouts/healthy\\_sleep\\_for\\_your\\_baby\\_and\\_child](http://www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child)  
[www.sleepeducation.org](http://www.sleepeducation.org)

<b>Environmental Health Resources</b>
American Academy of Pediatrics: Pesticides & Herbicides Guidelines and Reviews: <a href="http://pediatrics.aappublications.org/content/130/6/e1757">pediatrics.aappublications.org/content/130/6/e1757</a>
Canadian Partnership for Children's Health and Environment / Physician & Patient Resources: <a href="http://www.healthyschoolsforchildren.ca/english/">www.healthyschoolsforchildren.ca/english/</a>
CDC National Center for Environment Health : <a href="http://www.cdc.gov/environmental/">www.cdc.gov/environmental/</a>
Commission for Environmental Cooperation <a href="http://www.cec.org/children">www.cec.org/children</a>

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