

## NutriSTEP®

### Nutrition Screening for Toddlers and Preschoolers

#### What is NutriSTEP®?

NutriSTEP® is a checklist about young children. Parents answer questions about their child's eating and physical activity habits.

NutriSTEP® stands for **N**utrition **S**creening **T**ool for **E**very **P**reschooler as the original 2008 version of NutriSTEP was for preschoolers (ages 3-5 years).

In 2012, a Toddler NutriSTEP® (Nutrition Screening Tool for Every Toddler) was released for children 18-35 months of age.

#### Why is there concern about children's nutrition?

Young children experience a lot of growth and development. These years are also when their eating and other health habits are being formed.

If there are unhealthy habits developing, identifying those nutrition concerns at an early age helps parents and caregivers before the child starts school.

#### What is nutrition screening?

Nutrition screening is a fast and simple way of finding out if there is a nutrition concern. Parents or caregivers can complete a checklist such as NutriSTEP® in five minutes and review the eating and physical activity habits of their child or children.

#### What are my next steps?

At Village Family Health Team, NutriSTEP® screening is offered as part of your child's 18 Month Well Baby visit. If you have any concerns about your child's eating habits or have a high risk score (>26), please contact our Registered Dietitian for a full nutrition assessment.

