

SAMPLE HEALTH CARE PROVIDER STATEMENT RECOMMENDING HEALTHY HABIT GOALS

Patient's Name: Ashley B.

Date of Birth: 8/13/10

Diagnosis: Down syndrome, Obesity, pre-diabetes

How the diagnosis impacts the child's health, development, or education:
Ashley is at risk for serious health problems if she does not start eating more fruits and vegetables and less candy.

Suggested Goal/Service/Accommodation at School:
Ashley needs an adult to monitor her choices at lunchtime and ensure she is offered at least 1 serving of fruit and 1 serving of vegetables at lunch each day. Please add the following goal to Ashley's IEP: Ashley will be offered at least 1 serving of fruit and 1 serving of vegetables at lunch each day. Do not force her to eat.

Suggested Goal/Service/Accommodation Outside of School and at Home:
Parents, caregivers, and service providers should avoid giving Ashley candy to reward good behavior. Non-food rewards, especially active play time, should be used instead.

Recommendation for Additional Assessment:
Ashley should see a Speech and Language Pathologist to be assessed for an oral motor delay and to develop a treatment plan for introducing Ashley to new healthy foods despite her oral-motor challenges.

Provider Signature: Catherine Jones, FNP