

Feeding a child is often a rewarding experience for both the child and the parents. At the same time, some children have problems eating and growing. Feeding difficulty is a complex problem, involving medical, developmental, nutritional, and psychological factors. You should never hesitate to ask for help with feeding issues or growth problems.

The Growth and Nutrition Clinics are located throughout Massachusetts to help support you in your efforts to nurture your child. These Clinics provide an opportunity for a team of specialists to identify and address feeding and nutrition concerns directly with your child.

Growth and Nutrition Clinics serve infants and children up to 6 years old with poor weight gain and who may have additional issues including:

- “picky” eaters
- food allergies or aversions
- reflux
- gastrointestinal disorders
- developmental delays and/or disability
- prematurity
- respiratory disorders
- genetic syndromes associated with growth problems

Feeding team evaluations include several kinds of professionals. At your first visit you may meet with the following specialists:

- ✓ **Pediatrician or nurse practitioner**
- ✓ **Nutritionist**
- ✓ **Nurse**
- ✓ **Case manager, social worker or psychologist**

During the initial 1½ - 2 hour evaluation you can expect the following to occur:

- Assessment of your child’s growth and nutrition, including reviewing all of the foods your child eats. Height and weight will be measured.
- Additional services, such as speech therapy to work on oral-motor skills, physical therapy to work on better seating position, or occupational therapy to work on sensory issues or fine motor skills may be recommended.
- Written recommendations that are tailored especially to your child’s needs and your concerns.

Follow up recommendations may include direct intervention, consultation with other service providers and if needed, medical tests.

Follow up visits are scheduled based on the unique needs of your family. This may include observation of your child eating. Sometimes you may be asked to bring food to feed your child or to videotape your child eating at home. In addition, staff may conduct home visits or visit your child in his or her daycare setting.



If you have questions about your child's growth, ask your physician for a referral to a Growth and Nutrition Clinic in your area.

Boston Medical Center

771 Albany St., Dowling Building, ground floor
Boston, MA 02118
Call (617) 414-5251 for more information

Brockton Neighborhood Health Center

63 Main Street, Brockton, MA 02301
Call (508) 427-4219 for more information

Children's Hospital

300 Longwood Ave., Boston, MA 02115
with an additional site in Waltham
Call (617) 355-7713 for more information

Greater Lawrence Family Health Center

73D Winthrop Ave., Plaza 114
Lawrence, MA 01843
Call (978) 686-3017 for more information

Hillcrest Campus of Berkshire Medical Center – Operation Better Start

165 Tor Court, Pittsfield, MA 01201 or with
additional sites in Great Barrington and
North Adams
Call (413) 445-9243 for more information

Lowell General Hospital – Saints Campus

One Hospital Drive, 4th floor, Lowell, MA 01853
Call (978) 934-8458 for more information

UMASS – Memorial Health Care

55 Lake Avenue North, Worcester, MA 01655
Call (774) 442-3951 for more information

Here is what people are saying about the Clinics:

"We are grateful for your help getting my daughter to gain weight. Thank you."

"I am very impressed with the knowledge, care and concern at the Clinic."

"Having a Growth and Nutrition Clinic in our community has been a great resource for our families who need specialized care."



Nutrition Division
Massachusetts Department of Public Health
Bureau of Family Health and Nutrition
www.mass.gov/dph/growthnutrition

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FEEDING A CHILD IS ONE OF LIFE'S SIMPLE PLEASURES

**But if it is not,
HELP is available.**

