


**FEEDING IS COMPLEX.**



**IF YOUR CHILD  
STRUGGLES TO GROW,  
*let us help you.***



The Massachusetts Growth and Nutrition Clinics are located throughout the state to provide multidisciplinary services to infants and children experiencing poor growth. If you have concerns about your child's growth, ask your pediatrician for a referral to a Growth and Nutrition Clinic in your area.

## **Let us support your efforts to nurture your child.**

The Growth and Nutrition Clinics serve infants and children through 6 years of age with poor growth over a period of time. Some children may be diagnosed with:

- developmental delays
- gastrointestinal disorders
- respiratory disorders
- food allergies
- reflux

Our feeding team evaluations include several types of professionals. At your first visit you will meet with a pediatrician or nurse practitioner, nutritionist, social worker and nurse or case manager.

## During the initial 1½ – 2 hour evaluation:

- The team will conduct an assessment of your child’s growth and nutrition, including a review of your child’s recent growth history and the foods your child eats.
- You may receive referrals for additional services, such as:
  - o speech therapy to work on oral-motor skills,
  - o physical therapy to work on better seating position, or
  - o occupational therapy to work on sensory issues and fine motor skills.
- You may receive referrals to SNAP and WIC for access to healthy foods and nutrition education.
- You will receive written recommendations that are tailored to your child’s needs and your concerns.

Follow-up recommendations may include a feeding plan, consultation with other service providers, and, if needed, medical tests. Additional 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.

**Don't wait! Let our team of specialists help you.**

**Berkshire Medical Center – Operation Better Start,  
Great Barrington, North Adams and Pittsfield**  
(413) 445-9243

**Boston Medical Center, Boston**  
(617) 414-5251

**Boston Children's Hospital – Boston and Waltham**  
(617) 355-7713

**Brockton Neighborhood Health Center, Brockton**  
(508) 894-3299

**Greater Lawrence Family Health Center, Lawrence**  
(978) 686-3017 *(Note: Only GLFHC clients are eligible)*

**Lowell Community Health Center, Lowell**  
(978) 322-8562

**UMASS – Memorial Health Care, Worcester**  
(774) 442-3028

**Here is what some parents are saying about  
our clinics:**

*'I like coming to the Grow Clinic because you take the time to listen to me and answer my questions.'*

*'Your team makes me feel like I am doing a good job.'*

*'I was amazed how quickly my child gained weight. Thank you.'*

*'We are grateful for your help getting my daughter to gain weight.'*



**Nutrition Division**  
**Massachusetts Department of Public Health**  
**Bureau of Family Health and Nutrition**  
[www.mass.gov/dph/growthandnutrition](http://www.mass.gov/dph/growthandnutrition)  
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