

NUTRITION SERVICES

"The most important thing for a nutritionist to remember is there may be other things going on with the family or constraints that make implementing the necessary diet changes difficult. The nutritionist needs to work with the family to address nutritional concerns and interventions."



An early intervention nutritionist looks at a child's diet & growth as well as any medical conditions that impact his/her nutritional status & growth. The nutritionist provides recommendations to families to make the necessary changes in diet & feeding to optimize growth & nutrition. For example, for a child with poor weight gain, the nutritionist asks the caregiver to complete a 3-day food record. After analyzing the food record, the nutritionist discusses with the family any findings of inadequate calories and/or nutrients. Recommendations might include offering calorically dense snacks, weaning off the bottle to increase solid food intake, and/or appropriate snacks & amounts of food.

Nutritionists work with speech-language pathologists, occupational therapists, & physical therapists to address oral motor concerns which make feeding very challenging. Their role is to ensure optimal nutrition & growth to support the other therapies. Monitoring follow-up is provided if the family desires. The frequency of follow-up services depends on the nutritional & growth needs of the child.