



UMass Memorial Health Care is the largest not-for-profit health care system in Central Massachusetts with more than 12,000 employees and 1,600 physicians, many of whom are members of UMass Memorial Medical Group. Our member hospitals and entities include UMass Memorial – Clinton Hospital, UMass Memorial – HealthAlliance Hospital, UMass Memorial – Marlborough Hospital, UMass Memorial Medical Center and UMass Memorial – Community Healthlink, our behavioral health agency. With our teaching and research partner, the University of Massachusetts Medical School, our extensive primary care network and our cancer, diabetes, heart and vascular, orthopedic and surgery programs, UMass Memorial delivers safe, high-quality and compassionate care. Visit [www.umassmemorialhealthcare.org](http://www.umassmemorialhealthcare.org).



UMass Memorial Children's Medical Center is a "hospital within a hospital" providing comprehensive services to children throughout the region. With more than 130 medical and surgical specialists skilled in and dedicated to the care of children, the Children's Medical Center offers a full range of care to infants, children and adolescents in a close-to-home environment that is sensitive and responsive to the needs of families. The Children's Medical Center is a member of the Children's Hospital Association, a nonprofit organization that promotes the health and well-being of children and their families through support of children's hospitals that are committed to excellence in providing health care to children. Visit [www.umassmemorial.org/children](http://www.umassmemorial.org/children) for more information.

To find a pediatric subspecialist for your child, call 855-UMASS-MD (855-862-7763).

Follow us on: 

[umassmemorialChildLife](#)  
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**Growth and Nutrition Clinic**

Developmental and Behavioral Pediatrics  
UMass Memorial Children's Medical Center  
University Campus – Benedict Building  
55 Lake Avenue North, Worcester, MA 01655  
Tel: 774-442-3028  
[www.umassmemorial.org/children](http://www.umassmemorial.org/children)

What Our Families Are Saying:

*“I like coming to this clinic because you take the time to listen to me and answer my questions.”*

*“Your team made me feel like I was doing a good job.”*

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



Developmental and Behavioral Pediatrics  
**Growth and Nutrition Clinic**

*Offering support for families with feeding challenges*



UMass Memorial  
Children's Medical Center



The Growth and Nutrition Clinic at UMass Memorial Children's Medical Center helps families make mealtime more successful by offering support with your child's feeding challenges. If your child has experienced significant growth delay, ask your physician for a referral to our Growth and Nutrition Clinic.

### What Is a Growth and Nutrition Clinic?

The Growth and Nutrition Clinic is made up of a multidisciplinary team of providers who help families develop and implement a plan to enhance their child's growth through improved nutrition. Our clinic serves infants through children 6 years of age who have low weight and may also have additional issues, including:

- Poor caloric intake
- Food allergies or aversions
- Reflux
- Developmental delays/disorders and autism
- Sensory difficulties
- Family issues with housing, education or food resources

### Before Your First Visit

After making your appointment, one of our specialists will call you to review our services and gather some information about your child. We will request medical information from your pediatrician, including any medical diagnoses, recent measurements (e.g., height, weight), blood work results, and other relevant information. If your child is currently receiving early intervention services, we may ask you to bring your therapist to your first appointment. We want to work together as a team.

### Your First Visit

At your first visit, you will meet a few specialists trained in feeding and growth issues, including a psychologist, dietitian/nutritionist, social worker and nurse case manager. If needed, you may be encouraged to talk to your child's primary care provider about referral to one of our consulting subspecialists, such as a developmental pediatrician, gastroenterologist or endocrinologist.

During the visit we will:

- Measure your child's height and weight
- Review of his or her growth and nutritional status
- Review any medications your child is taking to rule out any possible food and drug interactions
- Screen your child for developmental delays and behavioral issues
- Make referrals to programs such as WIC, SNAP, early intervention and/or Head Start, if appropriate
- Develop a feeding plan especially for your child

### Follow-up Appointments

Follow-up visits are scheduled based on the unique needs of your family. Some children experiencing growth delay may have learning difficulties and frequent infections. Rest assured that we will work with you until your child's growth has improved to ensure your family is connected with the experts you need.

Our ultimate goal is for your child to become healthy and well-nourished, and grow to his or her potential.

**To schedule your first appointment, call 774-442-3028.**

For follow-up appointments, call 855-UMASS-MD.

