



## How are CHSC Nutrition Services provided?

If nutrition is added to early intervention services on the Individualized Family Service Plan (IFSP), there are two ways a RD can provide the services. For most infants and toddlers, video conferencing is arranged in place of a home visit. This allows the CHSC Early ACCESS RDs to provide services to children and their families throughout the state. How often these visits take place is based on your child's nutrition needs and what works best for your family.

The other way CHSC Early ACCESS RDs offer their services is through regular support by telephone for children who have a feeding team or a nutrition specialist already working with them.

## State agencies responsible for Early ACCESS include:

- Iowa Department of Education
- Iowa Department of Public Health
- Iowa Department of Human Services
- Child Health Specialty Clinics



FOR MORE INFORMATION,  
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## Nutrition Services

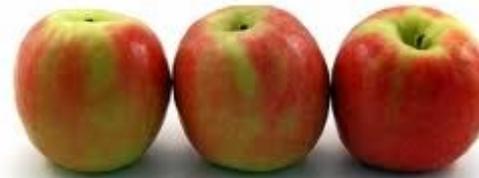


Nutrition is one of the many services your child may be eligible for through Early ACCESS. A Registered Dietitian (RD) is someone who can help you with questions you might have about your child's special eating, feeding and growth needs.

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## Who provides Early ACCESS Nutrition Services?

Child Health Specialty Clinics (CHSC) is a partner in the Early ACCESS system. CHSC Early ACCESS nutrition services are provided by a team of CHSC staff which include Registered Dietitians and Registered Nurses who work with your family to achieve nutrition outcomes and provide individualized nutrition education, guidance, and support.



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## How does my child become eligible for Early ACCESS Nutrition services?

The Parent Nutrition/Feeding Questionnaire (also called the “PEACH Tool”) is a survey you fill out about your child’s growth and eating. The PEACH is Iowa’s way to identify possible nutrition concerns for infants and toddlers in the Early ACCESS system. Below are the steps for starting nutrition services.

- A Early ACCESS Service Coordinator may help parents complete the PEACH Tool.
- The tool is scored.
- Scores of 4 or more are sent to the Early ACCESS Nutrition team
- Families are contacted directly by a CHSC Early ACCESS RD or RN to talk about concerns you might have about your child’s eating and growth.

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## What happens if my child receives IFSP Nutrition Services?

CHSC Early ACCESS Registered Dietitians and Registered Nurses:

- Help you understand you child’s calorie, protein, fluid, vitamin and mineral needs. They can also calculate if your child is meeting those needs from their foods and drinks.
  - Evaluate your child’s growth and weight gain by tracking and plotting heights and weights.
  - Develop interventions as part of your child’s IFSP based on your nutrition goals for your child.
  - Provide the experience of a nutrition professional at no cost to the family.
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