

Early ACCESS Nutrition Services



A dietitian can help with your child's eating, feeding, and growth.

Child Health Specialty Clinics (CHSC) partners with the Early ACCESS system to provide individualized nutrition services for your child.

What are nutrition services?

A child's ability to learn, grow, and develop is directly related to nutrition. CHSC dietitians support nutrition goals such as gaining weight, introducing solids, and using special formula. During a nutrition visit, dietitians:

- Identify the child's nutrition needs (including calories, protein, vitamins, and minerals) and determine if they are meeting those needs.
- Evaluate the child's growth, weight, and height.
- Review family concerns with mealtime or feeding difficulties, such as limited food variety.

Why include a dietitian in Early ACCESS services?

CHSC dietitians are trained to work with infants and toddlers that have feeding, nutrition, or growth concerns. They work with other Early ACCESS providers, including occupational therapists. CHSC dietitians help families understand how they can best meet the eating and feeding needs of their child during the first three years of life.

How are nutrition services provided?

If nutrition services are added to the Individualized Family Service Plan (IFSP), most families meet with a CHSC dietitian virtually by video conference. How often visits take place will depend on each child's nutrition needs and family input.

What if a child already receives nutrition care?

The CHSC dietitians will partner with each child's existing medical team. If a child works with a dietitian (outside of WIC) two or more times a year, a nutrition referral for Early ACCESS may not be appropriate.

Does my child qualify for nutrition services?

Early ACCESS uses a survey to identify infants and toddlers with nutrition-related concerns. This tool is called The Parent Nutrition/Feeding Questionnaire (PEACH). Here is the process for starting a nutrition referral:

1. You complete the PEACH Tool. Your service coordinator may help.
2. Your service coordinator scores the PEACH Tool.
3. With your permission, a referral is made to CHSC when the score is four or more, or if your family has other nutrition concerns.
4. You will be contacted by CHSC to schedule a visit with a dietitian.



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