How does a dietitian work with children & families?

A paediatric dietitian provides assessment and recommendations for many aspects of child, youth and maternal nutrition including:

**Children:**
- Weight management (under and overweight)
- Fussy/problem eating
- Food allergies and intolerances
- Introduction of solids
- Vegan/Vegetarian diets
- Nasogastric/PEG feeds

**Youth:**
- Eating disorders
- Vegan/Vegetarian diets
- Weight management
- Gastrointestinal disorders (e.g. Coeliac Disease, IBS)
- Food Chemical Elimination/FODMAP’s Diet

**Families:**
- Preconception and Fertility Nutrition
- Pre and Post Natal nutrition and weight management for pregnancy and breastfeeding.
- Breastfeeding nutrition & maternal elimination diets for babies with food allergy/intolerance
- Meal planning and Cooking on a budget

*Please seek specialty treatment for Gestational Diabetes, Type 1 Diabetes and multiple food allergies (more than two allergies).*
Nutrition and Dietetics for Children & Women
Caulfield Community Health Service

What are the benefits of seeing a Dietitian?
Accredited Practising dietitians have the recognised qualification and skills to provide expert nutrition and dietary advice for issues such as:

- Nutrition assessment for optimal growth and development
- Strategies to manage difficult eating behaviours
- Special diets for nutrition related disorders
- Lifestyle and diet advice for weight management
- Food and meal ideas for the lunchbox or dinner table

Who can come?
Families with children that work or live in the City of Glen Eira, City of Stonnington, City of Port Phillip or City of Bayside (North of South Rd).

If you have any questions, call the team

How can I access the service?
Referrals can be made by yourself, your doctor or health care professional by contacting Caulfield Access.

Do fees apply?
At CCHS, fees apply to our services. Fees are set in line with government guidelines and are based on your income. When you call us, fees will be explained and discussed with you. If you are concerned about fee affordability, please let us know.

Further Information
Caulfield Community Health Service
alfredhealth.org.au/services/caulfield-community-health-service

Alfred Health
alfredhealth.org.au

If you would like to provide feedback or request a copy of this information in a different format, contact us at patient.inform@alfred.org.au