

DIETETICS AND NUTRITION



Dietetics and Nutrition

Helping children and families
be happy and healthy.

Why Growing Early Minds?

We make it easy for families to access speech-language pathology, occupational therapy, dietetics, psychology and behaviour support all under the one roof.

- Proud history of over 20 years
- Experienced allied health professionals
- Best practice, evidence-based methods
- Collaborative, holistic, family-centered approach
- Support offered in clinic, mobile or via telehealth
- Link to free supported playgroups and programs
- Registered NDIS and Medicare Provider
- Interpreting and translation services available
- Memberships held across all peak bodies
- Not-for-profit, registered charity status
- TPV and ISO9001 certified



The Accredited Practising Dietitian (APD) credential is a public guarantee of nutrition and dietetic expertise.

APD is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetic services in Australia. All our Growing Early Minds dietitians are registered with APD.

About Growing Early Minds

Growing Early Minds is a community based, not-for-profit organisation that provides early intervention and disability support to children between 0-16 years.

We're a registered NDIS and Medicare provider and families have the option to visit us in clinic, mobile or via telehealth.

We're committed to supporting and growing the potential of children, families and communities, and this has remained unchanged since our initial establishment in 1994.

For more information about our team, services, programs and funding options visit growingearlyminds.org.au

Good nutrition is important for healthy and growing kids.

As parents it can be overwhelming to know just what nutritious foods they need to grow healthy and get the most out of everyday life. Our paediatric dietitians can help.



Does your child struggle with poor nutrition, eating disorders or food allergies?



Overcome challenges and create positive mealtime experiences.



Experience with complex needs, developmental delay or disability.



Start your journey by contacting us today!

What is dietetics and nutrition support?

Dietetics is all about how our diet and nutrition can impact our health and wellbeing. At Growing Early Minds our priority is helping children perform at their best, as well as empowering and educating families on how to overcome feeding challenges and create positive mealtime experiences.

Our experienced paediatric dietitians support families with general nutritional advice to more complex issues such as weight management, eating disorders, food allergies, enteral feeding, gastrointestinal disorders and more.

What are the goals of dietetics and nutrition support?

Our paediatric dietitians work collaboratively to help set achievable goals for you and your child. Some ways we can help you and your child may include:

- Improve the food variety and nutritional intake in your child's diet
- Promote optimal growth and development for your child
- Overcome fussy eating and food aversions
- Develop a healthy relationship with food
- Create positive mealtime experiences
- Improve gut symptoms related to food

Would my child benefit from dietetics and nutrition support?

Every child is different, but every child can benefit from nutritious food and a nourishing approach to eating. Your child might benefit if they have:

- Gastrointestinal conditions, including irritable bowel syndrome, constipation, reflux, coeliac disease
- Developmental delay or disability, including Autism or diabetes
- Eating disorders, growth faltering or are malnourished
- Weight management e.g. overweight or underweight
- Nasogastric and PEG management/weaning
- Nutrient deficiencies e.g. iron deficiency
- Fussy, selective or picky eating habits
- Food allergies and food intolerances



Ask about our tailored educator workshops, parent training and school programs we offer.

What can I expect during a dietetics session?

A comprehensive dietetic assessment is an important first step in understanding your child's nutrition and feeding needs. The paediatric dietitian will assess your child's growth, medical and feeding history, dietary intake and may observe your child during a mealtime session. Based on this information, the paediatric dietitian will work with you to develop goals and strategies for supporting your child's nutrition and eating behaviour.

A nutrition plan will be developed that considers your child's growth and nutritional requirements, food preferences and medical needs. Our paediatric dietitian will work collaboratively and ongoing with the family developing tailored meal plans, recipes, feeding regimes, sensory desensitisation and behaviour strategies to help you support your child's nutrition and feeding goals.

How do I arrange an appointment?

If you feel dietetics and nutritional support might be beneficial contact us today. You don't need a referral from a GP or paediatrician, although this may help offset the cost of therapy. We will discuss with you the best pathway, fees and provide you with our referral form, along with any other important information we've discussed. Alternatively, you can download our referral form directly from our website.

Talk to us today to see how we can help you.

Visit us in clinic, mobile or via telehealth.



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Registered NDIS Provider | Allied health professionals | Not-for-profit
Growing Early Minds is an initiative of Growing Potential Ltd.