



How are CHSC Nutrition Services provided?

Nutrition services can be arranged for interested families through their 1st Five Site Coordinator.

In most cases, video conferencing (Skype, FaceTime, or Go To Meeting) is arranged in place of a home visit.

The frequency of these visits will be based on each child and family's nutrition needs and schedule.

In some cases, families may also have a nutrition consultation with the CHSC Registered Dietitian over the phone.



1st Five Nutrition Services Program is provided by Child Health Special Clinics under contract with the Iowa Department of Public Health.

For more information, please
contact your local
1st Five team.

<https://www.idph.iowa.gov/1stfive/contact-information>



Nutrition Services Program



Nutrition is one of the many services children may be connected to through 1st Five.

A Registered Dietitian can help families with questions about their child's special eating, feeding and growth needs.

All nutrition services are free to families through the program.

Who provides 1st Five Nutrition Services?

Child Health Specialty Clinics (CHSC) is a partner in the 1st Five program.

CHSC 1st Five Nutrition Services are provided by a Registered Dietitian who works with families to address questions related to their child's diet and growth.

1st Five Site Coordinators can help families connect with the CHSC Registered Dietitian.



How do children become eligible for 1st Five Nutrition Services?

The Parent Nutrition/Feeding Questionnaire, also called the PEACH, is a survey for families about their child's growth and eating.

The PEACH is Iowa's way to identify possible nutrition concerns for infants and children in the 1st Five system.

1st Five Developmental Support Specialists help families complete the PEACH Tool.

If a family is interested in 1st Five nutrition services, the PEACH tool will be sent to the 1st Five Nutrition Team.

The CHSC 1st Five Registered Dietician will work with the family's developmental support specialist to address the child's identified eating and growth concerns.

A nutrition visit with a CHSC Registered Dietitian by video conferencing may also be set up for families.

What happens when children receive Nutrition Services?

CHSC's 1st Five Registered Dietitian will:

- * Help families understand their child's calorie, protein, fluid, vitamin and mineral needs. They can also calculate if a child is meeting those needs from their foods and drinks.
- * Evaluate a child's growth and weight gain through tracking and growth charts.
- * Make nutrition recommendations based on families' concerns and preferences.
- * Share nutrition recommendations and concerns with a child's primary care provider.
- * Provide the experience of a nutrition professional at no cost to the family.