

## **Information for Families** **The Outpatient Nutrition Center**

Research has proven that good nutrition is necessary to promote proper growth and development for children of all ages. Many children require attention from registered dietitians to be sure that they receive the best nutritional care. A registered dietitian is a trained nutrition expert that can provide individual nutrition recommendations. Care from a registered dietitian may help a child recover from illness or help achieve a healthy weight. It is important that you bring your child to the appointment to get an updated height and weight.

**Call Central Scheduling at 267-425-3310 to make an appointment for the Outpatient Nutrition Center.**

When you visit the Outpatient Nutrition Center at Children's Hospital of Philadelphia, we will:

### **Measure and review your child's growth history**

Bring any growth charts or your child's baby book with you. We will measure your child's weight, height and head circumference. We will compare these measurements with children of the same age and their own trends.

### **Review your child's medical history**

We will ask you what medications your child takes, what surgery your child has had and whether your child has ever been in the hospital.

### **Review your child's diet**

We will want to know what types of food your child eats. If your child receives a tube feeding, we will review the schedule and type of feeding.

### **Review your child's activities**

We will ask you to tell us about your child's favorite activities. We will want to know how often they participate in them.

### **Set goals**

We will recommend specific goals for your child's food intake or tube feeding. We will provide you with written information and teach you how to meet your child's nutrition needs.

### **Follow up**

We will schedule follow-up visits for your child, if necessary.

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### Payment

We accept all forms of payment, including medical assistance, Healthpass, private insurance/HMO, and self-pay. Bring your insurance or payment information with you to appointments. If your insurer requires a referral from your health care provider, you will need to bring it to the appointment.

We look forward to seeing you at one of the locations below.

### Children's Hospital of Philadelphia Outpatient Nutrition Centers

#### **Pennsylvania**

Abington Specialty Care Center  
Price Medical Office Building  
1245 Highland Avenue, Suite 204  
Abington, PA 19001

Brandywine Valley Specialty Care Center  
819 Baltimore Pike  
Glen Mills, PA 19342

Bucks County Specialty Care  
500 W. Butler Avenue  
Chalfont, PA 18914

Buerger Center for Advanced Pediatric Care  
3500 Civic Center Boulevard  
Philadelphia, PA 19104

Exton Specialty Care Center  
Oaklands Corporate Center  
481 John Young Way  
Exton, PA 19341

King of Prussia Specialty Care Center  
550 S. Goddard Boulevard  
King of Prussia, PA 19406

Lancaster Specialty Care Center  
Suburban Outpatient Pavilion  
2106 Harrisburg Pike, Suite 22  
Lancaster, PA 17601

#### **New Jersey**

Princeton Specialty Care Center  
101 Plainsboro Road  
Plainsboro, NJ 08536

Voorhees Specialty Care Center  
Laurel Oak Corporate Center  
1012 Laurel Oak Road  
Voorhees, NJ 08043

