

Please complete all the information below and **FAX: 519 749 4206**

<b>Patient's Name</b>	<b>Date of birth (Y/M/D)</b>	<b>Health Card Number</b>
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**Caregivers first name(s):**

<b>Preferred phone number(s):</b>	<b>Email:</b>
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**Patient History**

**Medical History** \*Please attach child's growth chart if applicable

**Relevant Medications**

**Relevant Bloodwork**

**Referral Criteria**

**Family does not have access to a dietitian through a Family Health Team or Community Health Centre**

**Reason for Referral**

Obesity **with** co-morbidity (e.g. metabolic syndrome, dyslipidemia, hypertension) or obesity in children less than 5 years of age

Medically complex diagnosis **with** nutrition implications (e.g. tube feeds, congenital heart disease, ex-premature infant, trisomy 21 with feeding difficulties)

Poor intake/picky eating/feeding aversions/difficulty transitioning to age appropriate foods or textures **with** nutrition deficits (e.g. failure to thrive/impaired growth, iron deficiency anemia, other nutrient deficiencies)

Eating Disorder **not** being followed at CMHA (Canadian Mental Health Association)

GI/Digestive disease (e.g. celiac disease, cow's milk protein colitis)

Food Allergies **with** nutrition deficits (e.g. impaired growth, iron deficiency anemia, other nutrient deficiencies)

Iron deficiency anemia

*\*For all other concerns, please see reverse for suggestions on where to refer your patient.  
 The family may have coverage for Dietitian services through 3<sup>rd</sup> party insurance benefits\**

**Referring Physician/Nurse Practitioner:**

**Family Physician (if different from above):**

**Date of Referral(Y/M/D):**

## Pediatric Nutrition Resources for Residents of Waterloo Region

Nutrition Problem	Resource
<b>Obesity</b>	<ul style="list-style-type: none"> <li>• Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating</li> <li>• Private Practice Dietitian (see below table)</li> </ul>
<b>'Typical' picky eating</b>	<ul style="list-style-type: none"> <li>• Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating</li> <li>• For self-management information and tools go to the website: <a href="http://www.unlockfood.ca">www.unlockfood.ca</a></li> <li>• Private Practice Dietitian (see below table)</li> </ul>
<b>Food selectivity/problem eating/ feeding aversions</b>	<ul style="list-style-type: none"> <li>• KidsAbility- therapy and support services to children and youth, from birth to school exit, who have developmental, physical and/or communication delays or challenges Parents/service providers can refer- see website for referral form or call KidsAbility Intake Social Worker at 519 886-8886 ext 1214</li> </ul>
<b>Disordered eating/eating disorder</b>	<ul style="list-style-type: none"> <li>• Canadian Mental Health Association (CMHA) 1-844-264-2993 <a href="http://www.cmha.ca">www.cmha.ca</a></li> <li>• Private Practice Dietitian (see below table)</li> </ul>
<b>Food allergies</b>	<ul style="list-style-type: none"> <li>• Private Practice Dietitian (see below table)</li> </ul>
<b>Difficulty transitioning to solids</b>	<ul style="list-style-type: none"> <li>• Private Practice Dietitian (see below table) or KidsAbility</li> </ul>
<b>Vegetarian and needs support</b>	<ul style="list-style-type: none"> <li>• Telehealth Ontario 1 866 797 0000-connect to a Registered Dietitian on healthy eating</li> <li>• For self-management information and tools go to the website: <a href="http://www.unlockfood.ca">www.unlockfood.ca</a></li> <li>• Private Practice Dietitian (see below table)</li> </ul>

## Private Practice Dietitians in Waterloo Region with a Pediatric Focus

Business Name	Area of Specialty
<b>Blueprint Nutrition</b> <a href="http://www.blueprintnutrition.ca">www.blueprintnutrition.ca</a>	Infant latch/feeding issues or breast-feeding/formula feeding concerns Severe picky eating; Food aversions Oral motor delays; Sensory processing issues related to eating Nutritional and/or growth concerns related to eating Children with special needs around eating Vegetarian and vegan diets Food allergies; gluten free diets, celiac disease, IBD
<b>Dietetic Directions</b> <a href="http://www.dieteticdirections.com">www.dieteticdirections.com</a>	Pregnancy Nutrition & Child Feeding, Infant Feeding Vegetarian & Vegan Diets Food relationship and disordered eating
<b>Gut Instincts</b> <a href="http://www.gutinstincts.ca">www.gutinstincts.ca</a>	Intuitive Eating & Eating Disorder Recovery using a Health at Every Size (R) framework ,Digestive Health, Food Allergies/Sensitivities
<b>Heather Wdowiak, RD</b> <a href="http://www.waterloodietitian.ca">www.waterloodietitian.ca</a>	GI, picky eating, weight gain, weight loss