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| If you have questions or concerns around your infant’s diet, nutrition, or feeding, it may help to: | |
| Talk to Your Child’s PCP (Primary Care Provider) About Your Child | * Tell your child’s doctor about your questions or concerns and ask for a consult with an infant feeding specialist or for other nutrition resources in your area. * A feeding specialist can also be called a Registered Dietitian (RD), Nutritionist (NUT), Feeding Therapist, or another therapist such as Occupational or Physical Therapist (OT/PT). |
| Ask a question in MyChart | * MyChart is a way to access your medical information online. You can message your Seattle Children’s provider and feeding specialist. * To signup, go to our website seattlechildrens.org, and click on MyChart. |
| Meet with an Infant Feeding Specialist at Seattle Children’s Hospital | * If you have any upcoming Seattle Children’s appointment, request a follow up with an infant feeding specialist. * If you already have a Seattle Children’s Nutrition or OT/PT appointment scheduled, call and request to speak with them sooner. * Call Nutrition at: 206-987-4758 * Call OT/PT at: 206-987-2613 * Your local birthing hospital may also have infant feeding specialists.   My feeding specialist is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Ask your WIC or Early Intervention Office for more information | * If your child meets with an Early Intervention (also known as ESIT/EI/Birth to Three) program, ask * Contact your local Woman Infant and Children’s (WIC) office: [https://resources.parenthelp123.org/](https://urldefense.proofpoint.com/v2/url?u=https-3A__resources.parenthelp123.org_&d=DwMF-g&c=aBkXpkKi7gN5fe5MqrMaN-VmRugaRb1IDRfSv2xVRy0&r=NMciVkIdcpkJ9XDotlsUpo_wqWAbRVIu6wtmm5MBxbk&m=I88RIyScGNy21HJsFrgsk7ngtqxraUWVvN606nLtsmo&s=AvWBwETi7MavELlqPXoD5Rzi-UPQz-iIdvq6SgigcSc&e=) |
| Take the Feeding Matters Infant and Child Feeding Questionnaire | Feeding Matters has a free online questionnaire that can help you decide whether or not it would help to get more feeding evaluation for your infant. The questionnaire asks yes or no questions based on your child’s corrected age. You can print out or email the results to your primary care provider to discuss further.   * Complete the questionnaire at: <https://questionnaire.feedingmatters.org/questionnaire> |
| Learn from a lactation specialist | * Visit La Leche League at <https://lllusa.org/locator/> to connect with lactation specialists. Meetings may be able to be done virtually. |
| Read about general tips on feeding | * Visit the Ellyn Satter Institute **at** [ellynsatterinstitute.org](https://www.ellynsatterinstitute.org/) to read general tips on feeding your child from birth to teenage years. |