

To stand on her
own two feet
and follow
her dreams.

baby.

Do you worry
that she is
too thin
for her age?

can help.



The Philadelphia GROW Project

The GROW Clinic is part of the Philadelphia GROW Project at the Drexel University School of Public Health. The GROW Project includes The GROW Clinic, national research on nutrition and public policy, and discussions with politicians and other leaders. The goal: to improve the nutrition, growth, and health of children and families.

The Philadelphia GROW Project participates in the multi-site Children's Sentinel Nutrition Assessment Program (C-SNAP). It's a network of pediatricians, child-development experts and public health professionals who monitor public policy and how it affects young children's food security, growth and health. To find out more about The Philadelphia GROW Project, or to make a contribution, please visit www.growproject.org, or call 215-762-6512.

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Drexel University School of Public Health

The mission of the Drexel University School of Public Health is to promote the health of communities through an integrated program of education, research, service and practice. The School is committed to identifying societal conditions required for people to be healthy, and to advancing practices that improve the health of vulnerable populations.



St. Christopher's Hospital for Children

St. Christopher's Hospital for Children is a 161-bed pediatric hospital providing a wide range of pediatric medical and surgical specialties through its affiliation with Drexel University College of Medicine. It is a Regional Level I Pediatric Trauma Center and provides programs such as kidney and liver transplantation, minimally invasive surgery, and open heart surgery. The hospital is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations and is part of Tenet Pennsylvania.



the GROW Clinic

at St. Christopher's
Hospital for Children

Building Up Healthy Babies



You want her to
grow up strong
and proud.

Your

But do you
think about how
your child will
grow up healthy?

The GROW Clinic



“It finally hit me one day. I realized that I couldn’t feed her the same types of food that I eat. I’m always on a diet, so I had to make a better effort to watch what I eat around her. Also, I had to make better choices about what I allow her to drink.”



Dr. Hans Kersten,
Clinical Director,
tends to a patient at
The GROW Clinic



Underweight children are at risk

A baby’s first three years are important. The body and brain grow very fast. If your child is underweight, or doesn’t like to eat, he may have a problem called ‘failure to thrive’ (FTT).

Without good eating habits, babies and toddlers may:

- Suffer from illness and disease
- Need to stay in the hospital
- Lag behind in brain growth and IQ
- Grow up with problems getting along with others and learning in school

Learn what is ‘normal’

Look at children the same age as yours. Does your child seem thin? Also, ask a doctor or nurse. If your child is on the low end of height and weight for his age, he may have FTT. Take him to your doctor and bring this brochure with you.

Help from a team of experts

At The GROW Clinic, we work with you to get your baby’s growth on track.

- You come to one location and see each of us every time.
- Our team includes a pediatrician, nurse practitioner, nutritionist, psychologist and social worker.
- Get help with diet and mealtime behavior, and gain access to services such as WIC, cash assistance, food stamps and housing.



***For an appointment,
call 215-427-GROW***

For more information,
please call toll free at:
1-888-ST-CHRIS

Or visit us at:
www.stchristophershospital.com

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