

Dietetics and Nutrition for Children

Building happy healthy families.



Care is tailored to suit the needs of each child and their family situation. Parents and families are involved in every step along the way.



Our dietitians provide a friendly and non-judgmental service for families looking for support with food, eating, health and wellness. Our goal is to work with parents to ensure that the feeding relationship with their children, is positive and happy.

We use methods which help to create happy, relaxed mealtimes and encourage children to try new foods and share family meals.

This service is for families with children 0-12 years of age, who want support with:

- Fussy and selective eating
- Growth concerns – poor growth/overweight
- Food allergy and intolerance
- Infant feeding and introducing solids
- Constipation and other gastrointestinal conditions
- Nutrition for pregnancy and breastfeeding, and
- Meal planning and general healthy eating advice for families.

Our dietitians provide the following services:

- Nutrition assessments
- Management and advice for child and family nutrition
- Presentations to community groups
- Training and advice for service providers – kindergarten teachers, child care staff, maternal and child health nurses, schools, other service providers
- Referral to other services if required, and
- Answers to general enquiries.



Our fees

We offer subsidised and fee-for-service health care with private health insurance rebates available. The cost of services depends on your income level and we will help you access funding you are eligible for. We support National Disability Insurance Scheme (NDIS) clients.

Ask us how we can help you.

About us

We are a quality, not-for-profit, accredited health and community service providing doctors, dentists, allied health, counselling, alcohol and drug, child and family services and social support programs. We offer services for all ages and work as a team to support you.

Appointments and referrals

Please contact us on:

✉ intake@accesshc.org.au

☎ 03 9810 3000

If you need to reschedule your appointment; please contact us at least 24 hours before.

Non-attendance fees may apply.

Where to find our nutrition services for children

For more information on all of our services, sites, parking options and transport:

☎ 03 9810 3000

✉ info@accesshc.org.au

🌐 accesshc.org.au

Ashburton

7 Samarinda Avenue
Ashburton VIC 3147

Doncaster

1/1020 Doncaster Road
Doncaster East VIC 3109

Lower Templestowe

44 Balmoral Avenue
Lower Templestowe VIC 3107

Richmond

283 Church Street
Richmond VIC 3121

AccessHC is committed to providing services for our diverse community.