**Score: 20 or less**

**Low Risk**
Child is doing well. Eating and activity habits are good. Parents are advised to seek out healthy eating information to stay on track.

**Score: 21 - 25**

**Medium Risk**
Child can improve eating/activity habits by making changes. Parents are advised to seek out healthy eating resources to learn what changes are needed.

**Score: 26 or more**

**High Risk**
Changes are needed to improve eating and activity habits. Parents are advised to connect with their child's doctor or dietitian for assessment.

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**Access parenting and community supports**

**Halton Region**
Halton.ca/nutristep
Dial 311 to speak to a public health nurse

- Parent support and programs
- Early child development
- Early learning programs (including drop-ins)
- Nutrition and healthy eating
- Healthy menu planning and shopping
- Cultural diet considerations
- Physical activity

**EatRight Ontario**
eatrightontario.ca | 1-877-510-5102

- Talk to a registered dietitian for free
- Nutrition and healthy eating
- Healthy menu planning and shopping
- Cultural diet considerations

**Additional resources**

**NutriSTEP® e-screen**
NutritionScreen.ca

**Halton Region**
Halton.ca/nutristep | Dial 311
- Healthy Babies Healthy Children (HBHC)
- Children's Services Intake (for Occupational Therapist assessment)

**Dietitians of Canada**
Dietitians.ca

**Our Kids Network**
OurKidsNetwork.ca | Email: info@ourkidsnetwork.ca
Resources for professionals and families

**ErinoakKids**
Erinoakkids.ca | 905-855-2690

**Ontario Early Years Centres in Halton**
OntarioEarlyYears.ca
- Oakville Parent-Child Centre 905-849-6366
- Reach Out Centre for Kids (ROCK) OEYC Burlington 905-632-9377

- North Halton OEYC/Milton Community Resource Centre 905-876-1244
- Links2Care (North Halton OEYC satellite for Halton Hills) 905-873-2960

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**AREA OF CONCERN**

**RECOMMENDED PROGRAM/SERVICE**

- **Physical growth and development**
  - Physician or nurse practitioner (assessment)
  - ErinoakKids (existing clients can be assessed)

- **Developmental and physical capabilities (chewing, swallowing and/or choking concerns)**
  - Physician or nurse practitioner (assessment)
  - ErinoakKids (existing clients can be assessed by Occupational Therapist)
  - Halton Region (assessment)

- **Nutrition and healthy eating**
  - Physician or nurse practitioner (assessment)
  - Halton Region
  - EatRight Ontario
  - Registered dietitian (RD)
  - Consult RD (fee for service) or Family Health Team RD

- **Food security**
  - Halton Region
  - Where to Get Food in Halton
  - Halton Fresh Food Box
  - Halton Food Banks

- **Physical activity**
  - Physician (assessment)
  - Halton Region

- **Parenting**
  - Halton Region
  - Ontario Early Years Centre
  - Our Kids Network

**Hospital services**

**Physician referral required**

**McMaster Children's Hospital, Feeding and Swallowing Clinic**
905-521-2011, ext. 75013
Fax referrals to 905-521-2654

**Hospital for Sick Children, Nutrition Clinic**
416-813-7270
Fax referrals to 416-813-8124

RD assessment and follow up for children with an underlying medical issue.