

Gaining and Growing:

A Website to Assure Nutritional Care of Preterm Infants in the Community



<http://staff.washington.edu/growing/>

Our Mission:

To promote post-discharge growth and development of preterm infants, especially those with birthweights less than 1500 grams, by providing easy access to up-to-date nutrition and feeding information for health care professionals in the Pacific Northwest.



Our Product:

A Website for Health Professionals.— <http://staff.washington.edu/growing/>

Website Contents Include:

Growth of Low Birth Weight Infants:

- How to assess growth
- Expectations for growth

Breastfeeding:

- How low birth weight infants differ
- What mothers and infants need to succeed

Infant Formulas:

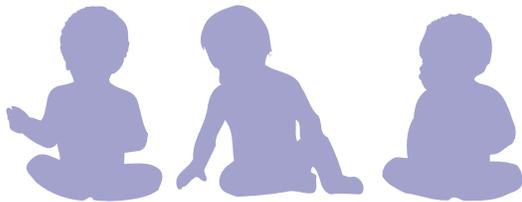
- Choosing the right formula
- Changing the caloric density of formula
- Tube feeding infant formula and breastmilk

Feeding Issues of Very Low Birth Weight Infants:

- Feeding assessment
- Impacts of diseases of prematurity
- Gastroesophageal reflux and aspiration
- Parental experiences with nutrition and feeding
- Interventions for feeding problems
- Regional resources for nutritional care and feeding therapies

Help families with Very Low Birth Weight babies with these tools to support growth and feeding:

- In-depth feeding assessment
- Nutrition assessment checklist
- Table for concentrating infant formulas to increase calories
- Links to resources
- Bibliography for evidence based decisions
- Listing of local resources for referrals in the Pacific Northwest
- Decision trees



Infants with birthweights below 1500 grams are at increased risk for growth and feeding problems in the first years of life. Feeding is often the primary concern of families. Health professionals can help improve feeding and growth in these infants with the right tools and understandings.



This site has been reviewed by a panel of national experts. Project oversight is provided by an advisory committee of physicians, nurses, dietitians, parent advocates, and telecommunications experts.

Project Information:

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Project Director:

Donna Johnson, PhD, RD
Nutritional Sciences Program
and Pediatric Pulmonary Center,
University of Washington
Seattle, Washington

Project Nutrition Coordinator:

Joan Zerzan, MS, RD
Clinical Dietitian, Neonatal Intensive
Care Unit and Follow-up Clinic,
University of Washington
Seattle, Washington



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