



**GROW CLINIC at BMC**

## Grow Clinic Children

Our patients, children under age 5, come to us during a critical period for brain growth. They are malnourished, not growing properly, and diagnosed with Failure to Thrive (FTT). FTT is exacerbated by socioeconomic conditions: 88% of our patients have public insurance, 11% are homeless, and 20% have food allergies. The short-term effects of FTT are many. If not promptly treated, survivors of FTT suffer serious long-term issues, all of which lead to a high risk of failure in school.



### Failure to Thrive patients are malnourished and not growing properly

#### Short-term effects:

- Repeated infections
- Hearing difficulties
- Delayed speech
- Increased need for emergency care

#### Long-term effects:

- Impaired brain development
- Delayed learning and language skills
- Attention deficits

## Clinical Team

Traditional medical care alone is insufficient to treat FTT. The Grow Clinic's team-based, wrap-around approach is tailored to a family's real-world challenges. Each child's team consists of a pediatrician, nutritionist, social worker, and an outreach worker/interpreter who translates one of the 10 different world languages spoken by our families. With the exception of the pediatrician, team members also make home visits to assure that critical needs are met. But only the pediatrician's medical care is reimbursed by insurance—the rest of the program relies heavily on charitable donations.

## How You Can Help

In the following ways, you and your community groups can fill some of our families' needs:

- Sponsor a Food & Feeding Aids Drive, collecting high-nutrient food, supplements, and feeding aids (see list)
- Sponsor a Disposable Diapers & Wipes, Clothing, or New Toy & Book (ages 0-7) Drive
- Donate \$20 Grocery Gift Cards to Shaws/Star Market, Stop & Shop, or Market Basket
- Write a Check—the Grow Clinic is 66% privately funded by supporters like you

### **Donations may be sent to:**

Grow Clinic for Children, Boston Medical Center  
771 Albany Street  
Dowling Building, Ground Floor, Suite G532  
Boston, MA 02118

### **Send checks, made payable to**

**Grow Clinic Boston Medical Center, to:**  
Boston Medical Center, Office of Development  
801 Massachusetts Avenue, 1st Floor  
Boston, MA 02118

## **Suggested Donations**

### **Feeding Aids**

- 16 and 32 oz. calibrated plastic bottles with caps
- Baby bottles with nipples: Avent, Breastflow, Dr. Brown's
- BPA-free, no-spill sippy cups, all ages
- Cups with attached straws
- Spoons for babies, spoons and forks for toddlers
- Toddler plates, suctioned
- Baby feeding bowls
- Measuring spoons and cups

### **Vitamins**

- Complete chewable multivitamins with iron and zinc
- Poly-vi-sol with iron, liquid
- Vitamin D drops

### **Food Items**

- Graduate meals for toddlers
- Stage 3 and 4 baby foods
- Baby formula with iron

### **BMC Preventive Food Pantry:**

- Sesame butter, peanut butter
- Canned beans (not green beans)
- Canned fruit
- Thick, hearty stews or soups
- Canned meats
- Canned pasta (ravioli and spaghetti)
- Boxed mac and cheese
- Spaghetti sauces
- Raisins and other dried fruit
- Unsweetened hot and cold cereal
- Cereal bars (no nuts)
- Evaporated milk

What a Grow Graduate Says:

**"I got that second chance. They (the Grow Clinic) turned me into a person that is so driven to be successful that I won't take failure."**

**Duvon**, *Grow graduate at age 5, is currently a college student with the goal of owning his own business.*

## A Grow Family: Samuel's Story



**Samuel**  
**17 months**

When Samuel's mother was pregnant with him, she and her two children had to flee their father. They sought refuge in the basement of a relative's house, but that was deemed unsafe for a newborn. They were forced into a mouse-ridden homeless shelter where Samuel had difficulty with multiple formulas that caused rashes, vomiting, and bloody stools. He was referred to the Grow Clinic at 10 months, only the weight of a normal 4 ½-month old, bald, the soft spot on his head still not mineralized. He started to catch up in growth, then caught the flu and developed an ear infection complicated by exposures in the shelter. Ten months after coming to the Clinic, due to advocacy by the Grow physician and social worker, the family received a housing voucher. At 17 months, Samuel now has hair, his bones are maturing, and he is getting on track developmentally.

His relieved mother is very grateful to the Grow Clinic!



**Please contact us for more information:**

Phone: 617.414.5251

[www.bmc.org/programs/grow-clinic](http://www.bmc.org/programs/grow-clinic)

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