What is the cost?
There are NO out-of-pocket costs to you. We work with ALL insurance companies and Berkshire Health Systems to ensure there are NO FEES or COPAYS.

“For growth is never by mere chance; it is the result of forces working together.”
- James Cash Penney

FOR MORE INFORMATION:

Hillcrest Campus of BMC
165 Tor Court Pittsfield, MA 01201
t. 413.445.9243
f. 413.445.9326

North Adams Campus of BMC
71 Hospital Ave. North Adams, MA 01247
t. 413.445.9243
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Fairview Hospital
29 Lewis Ave Great Barrington, MA 01230
t. 413.854.9717
f. 413.854.9718

berkshirehealthsystems.org

OPERATION BETTER START’S
Western Mass Growth & Nutrition Program

In affiliation with:
Massachusetts Department of Public Health
WHAT IS GROWTH DELAY?
A child’s growth is considered “delayed” when they have significant problems growing/gaining weight at rates comparable to other children their age. Growth delay can be caused by:

- Food allergies or aversions
- Reflux
- “Picky” eating
- Gastrointestinal disorders
- Developmental delays and/or disability
- Prematurity
- Genetic syndromes associated with growth problems
- Sensory Processing Disorder (SPD)

WHAT TO EXPECT
When you visit the program for the first time, you’ll meet with our team who will do an assessment of your child’s growth, nutrition, and eating patterns.

It is important for us to understand your family’s eating habits so that we can support you in nourishing your child.

We will help you to develop a plan that is specifically designed to help you and your family in the feeding process. We will support your family by providing visits as often as necessary.

During these visits we will work together to ensure you are on the right track to making your child as healthy as possible.

ABOUT OUR PROGRAM
The Western Mass Growth and Nutrition Program, serving infants and children up to age 7, is provided to you through Berkshire Health System’s Operation Better Start with support from the Massachusetts Department of Public Health.

Our goal is to help ensure that your child is healthy, well nourished, and growing to his or her potential. Some children experience growth delay that can impact everything from the way they learn, to their ability to fight infection. Our team of experts will support your family to ensure the best growth possible for your child.

PROGRAM DESIGN & STAFF
The Western Mass Growth and Nutrition Program consists of a team of professionals including:

- Family Nurse Practitioners
- Registered Nurses
- Registered and Licensed Dietitians
- Behavioral Health Specialist
- Case Manager