

Certificate in Paediatric Nutrition & Dietetics – Unit 1



Come and do the Paediatric Dietetics course that everyone talks about!

In 2025, we are thrilled to offer our Certificate in Paediatric Nutrition and Dietetics online again - commencing with Unit 1 in September. Our online course allows for learning with like-minded dietitians all over Australia and the rest of the world! We provide unique learning opportunities in both lecture and workshop formats, including best practice discussions and small group learning.

The Department of Nutrition and Food Services at The Royal Children's Hospital (RCH) in Melbourne began a Certificate in Paediatric Nutrition and Dietetics in 1997. This highly regarded course is exclusively for qualified dietitians, with the course content targeted to meet the training needs and learning outcomes for paediatric dietitians. Our course is a highly desirable addition to any resume!

Entry criteria

Candidates must hold a graduate or post graduate qualification in Dietetics. Evidence of qualifications must be provided.

2025

Unit 1: Monday 8th -Thursday 11th September 2025, the course will be run online via Zoom.

2026- Unit 2 : Will be run online via Zoom in May 2026 – dates still TBC.

Course hours

8.45am - 4.00pm daily. Note some days will have slightly altered hours – see timetable for details. Approximately 24 contact hours with additional non-contact hours required to complete an assessment task.

Assessment

Assessment is by an online examination (multiple choice questions) to be completed following the unit. Participants must pass the examination to receive a certificate of completion.

Venue

Online via Zoom

Price

\$1100 + GST = \$1210

Registration

To register you will need to create an account on the RCH online learning platform (<http://learn.rch.org.au>) and register online for the course.

Registrations close 04/09/2025.

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Unit 1 Nutrition and Child Health Objectives

On successful completion of this unit participants will:

- Be competent in assessment of nutritional status, growth and nutritional requirements of infants, children and adolescents.
- Understand the aetiology of common nutrition-related diseases, which have their origins in childhood.
- Be competent to provide the nutritional requirements of infants, children and adolescents across common nutrition related disorders.
- Understand and apply current research findings to the care of paediatric patients.

Course Overview

Day 1	Lecture & Workshop - Growth Assessment. Lecture - Paediatric Malnutrition: Screening Tools Lecture - Gastrointestinal Issues for Children Lecture - Breastfeeding Lecture - Introducing Solids Lecture - Toddler Nutrition
Day 2	Lecture - Infant Formula Lecture - Nutritional Requirements for Children Lecture - Weight Management for Children and Adolescents Lecture & Workshop - Paediatric Enteral Feeding Lecture - Medical Management of Paediatric Food Allergy
Day 3	Workshop - Formula Manipulation Lecture & Workshop - Management of Faltering Growth Lecture - Communication & Nutrition Issues for Adolescents Lecture - Nutrition for Children with a Disability
Day 4	Lecture - Nutritional Management of IgE Food Allergy Lecture - Iron Deficiency: Management & Biochem Interpretation Lecture - Vegan & Vegetarian Diets for Young Children Lecture - Feeding the Neurodivergent Child Workshops (select 1) - Tube Feeding: When to Start & Stop OR Toddler Feeding Issues Open Forum - Dietitian Q&A Panel

Order of content subject to change pending speaker availability.