



SICKLE CELL CLINIC

Growth

What do red blood cells do?

- Sickle cell can impact how your child develops.
- Most children grow normally when they are babies but may grow more slowly after their first birthday.
- Teenagers with sickle cell anemia may go through puberty at an older age. This may impact how tall they are as compared to their classmates.
- Some patients with sickle cell disease may also be more thin than other children.

Ways to help your child stay healthy:

- It is important to eat a well-balanced diet, including 3 meals and several snacks a day.
- It is important to stay well hydrated (water is the best option).
- Limit candy, sodas and junk food.
- Folic acid is good for patients with sickle cell anemia. Food with a lot of Folic acid include: leafy green vegetables, cereals and breads.