

# Starting Solids

## Free local workshops



Introducing solid foods is the start of a whole new chapter for you and your baby

Come along!

### Introducing solid foods at 6 months

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

