

# Starting Solids

Free Online Workshop



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



## Introducing Solid Food from 6 months

Join us at an online 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 the both of you

### Workshop Details

Wednesday 13th January, 2-3pm  
Thursday 28th January, 10-11am  
Wednesday 10th February, 2-3pm  
Thursday 25th February, 10-11am  
Wednesday 10th March, 2-3pm  
Thursday 25th March, 10-11am

Contact us to register!

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