

# 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 7th April, 2-3pm  
Thursday 22nd April, 10-11am  
Wednesday 5th May, 2-3pm  
Thursday 20th May, 10-11am  
Wednesday 2nd June, 2-3pm  
Thursday 17th June, 10-11am

Contact us to register!

020 8496 5223  
wfsupport@henry.org.uk