

# Starting Solids

## Free Online Workshops

Autumn 2020



Introducing solid foods is a whole new chapter for you and your baby. It can be really exciting but also a daunting time for many parents.

This workshop is designed to provide you will all of the information you need to help make mealtimes enjoyable, help your baby develop healthy eating habits and get them off to a great start in life.



### Join us at HENRY City & Hackney

Our Starting Solids workshops will be running on the following days:

- **Thurs 17<sup>th</sup> Sept 1-2:30pm**
- **Wed 23<sup>rd</sup> Sept 1-2:30pm**
- **Mon 28<sup>th</sup> Sept 10-11:30am**
- **Mon 5<sup>th</sup> Oct 10-11:30am**
- **Wed 14<sup>th</sup> Oct 10-11:30am**
- **Mon 19<sup>th</sup> Oct 1-2:30pm**

**We will cover the following themes:**

- When your baby is ready for solid foods
- What foods to start with
- When your baby is hungry and full
- How to create positive mealtimes

- To join the workshop, you only need access to a smart phone or a computer, laptop or tablet.
- A maximum of 6 parents/carers per workshop.
- Opportunity to learn from each other and connect with other families in a safe space.

To register or find out more, please contact us via:

**Email: [hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk)**

**Text/phone: 07519 109876**

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