

Introducing solid foods

Without making a meal of it



Weaning

Introducing solids

Baby-led feeding

These are all names for the process of introducing solid food to babies who are currently only having breast or formula milk.

Everyone has an opinion on it! There are often strong views from well-meaning friends and relatives ~ some very helpful and some confusing or conflicting with other advice you've heard. This session addresses questions about when to start; choking and allergies; what foods to give and what to avoid.

Most will not have heard of 'Baby-led feeding' and be naturally cautious.

Come along for a discussion and explanation about the different approaches to introducing solids, with up to date health advice about supplements and oral/dental health.

Our introducing solids session will make it simple and clear, and will hopefully remove much of the anxiety you may have around this process.

To book onto this session please ring your local Children and Family Hub

For more information on the content, please call your health visitor on: 0300 123 3444



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