



yarra.
FAMILY, YOUTH &
CHILDREN'S SERVICES

Food for Thought.

BABY'S INTRODUCTION TO SOLID FOOD

ONLINE VIA ZOOM

Facilitated by a Maternal and Child Health Nurse
and Paediatric Allied Health Practitioners

Run every second month throughout the year you will
learn how to safely introduce solids to your child.
Get information on weaning, allergens and food
sensitivities as well as different feeding approaches.

This session covers

- How to tell when your baby is ready for solid food
- What foods to start with and how much to offer
- Foods you should avoid
- The difference between gagging and choking

TO REGISTER OR LEARN MORE

Visit our parenting information page via the link below or
use the QR code provided.

<https://www.yarracity.vic.gov.au/services/family-and-children/parenting-and-support-services>



Parenting Education

Contact us

Yarra City Council

T // 9205 5555

E // info@yarracity.vic.gov.au

W // www.yarracity.vic.gov.au

National Relay Service

TTY 133 677 then (03) 9205 5055

Languages

العربية 9280 1930

中文 9280 1937

Ελληνικά 9280 1934

Italiano 9280 1931

Español 9280 1935

Tiếng Việt 9280 1939

Other 9280 1940

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