



yarra.
FAMILY, YOUTH &
CHILDREN'S SERVICES

Food for Thought.

BABY'S INTRODUCTION TO SOLID FOOD

ONLINE VIA ZOOM

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

This session covers

- How to tell when your baby is ready for solid food
- What foods to start with and how much to offer
- How to introduce solid foods safely

2023 DATES

March	Wednesday 29	10:30am
May	Wednesday 31	10:30am
July	Wednesday 19	10:30am
September	Wednesday 13	10:30am
November	Tuesday 28	10:30am

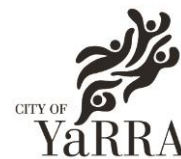
TO REGISTER OR LEARN MORE

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

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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

REF #19539