

Intro to Solids including Play & Development for Babies 6 months upwards

Free online sessions delivered by a
Health Visitor and Children's Centre Staff.

Please follow the link to book

<https://forms.gle/2jw4F8ZxLkhhbPUHj8>

For advice, information and support when your baby is ready to move on from milk alone.

- How to start
- When to start
- What foods are best to begin with

What to expect when your baby reaches 6 months.

- Milestones
- Stages of development
- Ideas for simple games and activities

Monday 8th November 10am
Monday 22nd November 10am
Monday 6th December 10am
Monday 20th December 10am