

# Introducing solid foods: free local workshops

Introducing your baby to solid foods is the start of a whole new chapter for you and your baby.



Supported by



## Introducing solid foods at 6 months

When your baby is around 6 months old it's time to begin introducing solid foods. As your baby approaches this milestone, come to a **Starting Solids** workshop at your local children's centre to help you get your baby off to a great start and develop healthy eating habits.

The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you



Check your local children's centre timetable for details of the next workshop or contact the *Best Start with HENRY* service directly.

The *Best Start with HENRY* service in City & Hackney is supporting local families with children aged 0-5 - from shortly after birth, right through to starting school - to provide a healthy, happy start in life for their children and a healthy lifestyle for the whole family.

To find out how we can help you, pop into your nearest children's centre to ask when our workshops or programmes are running.

### Contact details:

☎ 07519 109876

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