

Starting Solids Virtual Sessions

Dates and Times:

January 2021

Monday 4th: 2 - 3:30pm
 Tuesday 26th: 1 - 2:30pm
 Wednesday 20th: 10 - 11:30am
 Thursday 7th: 11am - 12:30pm
 Friday 8th: 10:30am - 12pm

February 2021

Monday 1st: 2 - 3:30pm
 Tuesday 23rd: 1 - 2:30pm
 Wednesday 17th: 10 - 11:30am
 Thursday 4th: 11am - 12:30pm
 Friday 12th: 10:30am - 12pm

March 2021

Monday 1st: 2 - 3:30pm
 Tuesday 23rd: 1 - 2:30pm
 Wednesday 17th: 10 - 11:30am
 Thursday 4th: 11am - 12:30pm
 Friday 12th: 10:30am - 12pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions.

Please advise us in advance if you would like an interpreter.

[CLICK HERE TO BOOK YOUR PLACE](#)



Starting Solids Next Steps Virtual Sessions

Dates and Times:

January 2021

Tuesday 12th: 10:30am - 12pm
 Wednesday 6th: 11am - 12:30pm
 Thursday 28th: 1 - 2:30pm

February 2021

Monday 15th: 2 - 3:30pm
 Tuesday 9th: 10:30am - 12pm
 Thursday 25th: 1 - 2:30pm

March 2021

Tuesday 9th: 10:30am - 12pm
 Wednesday 3rd: 11am - 12:30pm
 Thursday 25th: 1 - 2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.


Each 90 minute session covers:


- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers

[CLICK HERE TO BOOK YOUR PLACE](#)



Please contact Camden's Health and Wellbeing Team if you would like any further information:

 020 7974 6736

 healthandwellbeingteam@camden.gov.uk

 <https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to: <https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>
 You can also join via phone, no internet required.