

## Introducing solid foods

...Without making a meal of it



## Weaning

### Introducing solid foods

#### Baby-led

These are all names for the process of introducing solid food to babies who are currently only having breast or formula milk.

Everyone has an opinion on it! There are often strong views from well-meaning friends and relatives ~ some very helpful and some confusing or conflicting with other advice you've heard. This session addresses questions about when to start; choking and allergies; what foods to give and what to avoid.

Most will not have heard of 'Baby-led' feeding and will be naturally cautious.

Join us for a discussion and explanation about the different approaches to introducing solids, with up to date health advice about supplements and oral/dental health.

Our introducing solids session will make it simple and clear, and will hopefully remove much of the anxiety you may have around this process.

**To book onto this virtual session please ring:**

**0300 123 3444**



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