



FEEDING YOUR BABY

VIRTUAL WORKSHOP

Join **Estelle, the Sandy Hill CHC Registered Dietitian** for a workshop on all things introduction to solids.

You will learn about:

- texture, variety and consistency and why they matter
- what makes a choking hazard for a baby transitioning to solids
- food allergies and sensitivities
- tips to help you make your own baby food
- why breastmilk/or formula (and water!) is still important

And lots more...



Ideal for parents of babies age 3 month to 9 months old - but all are welcome.



VIRTUAL

RUNS VIA ZOOM, PLEASE REGISTER ON EVENTBRITE



**MONDAY
JANUARY 20, 2025**



**FROM
10:00 AM - 12:00 PM**