Starting Solids

A workshop to provide families with the education and the tools to understand when and how to introduce solid foods to their baby at 6 months old.

Help get your baby off to a great start.

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 have had enough
• How to make meal times an enjoyable experience for both of you

The workshop is a two hour session, please choose from one of the following dates:

**Friars Children’s Centre** –
11/09/19, 22/12/19, 07/11/19
1.00-3.00pm

**Cambridge Road Children’s Centre** –
10/09/19, 01/10/19, 13/11/19
1.00-3.00pm

**Summercourt Children’s Centre** –
24/09/19, 15/10/19, 05/11/19
1.00-3.00pm

**Centre Place Family Centre** –
17/09/19, 29/10/19, 27/11/19
1.00-3.00pm

For more information or to book call **01702 220810 (option 1)**

For parents of children under 4 in the Better Start areas: Kursaal, Milton, Shoeburyness, Victoria, Westborough and West Shoebury.

To see if you are in a Better Start area: [www.abetterstartsouthend.co.uk/locations](http://www.abetterstartsouthend.co.uk/locations)

**Limited spaces!**

No crèche but you can attend the workshop with your baby.