

Starting Solids Sessions

Dates and Times:

April 2023

3rd Monday	2 - 3:30pm @ Harmood Children's Centre
14th Friday	1 - 2:30pm @ Hampden Children's Centre
19th Wednesday	10:30am - 12pm ONLINE
20th Thursday	10 - 11:30am @ Rhyl Community Primary School
25th Tuesday	1 - 2:30pm ONLINE

May 2023

12th Friday	12 - 1:30pm @ Hampden Children's Centre
23rd Tuesday	1 - 2:30pm ONLINE
24th Wednesday	10:30am - 12pm ONLINE

June 2023

5th Monday	2 - 3:30pm @ Harmood Children's Centre
8th Thursday	10-11:30am @ Rhyl Community Primary School
9th Friday	1 - 2:30pm @ Hampden Children's Centre
14th Wednesday	10:30am - 12pm ONLINE
27th Tuesday	1 - 2:30pm ONLINE

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 ONLINE Sessions

Dates and Times:

April 2023

5th Wednesday	10 - 11:30am
27th Thursday	1 - 2:30pm

May 2023

3rd Wednesday	10 - 11:30am
15th Monday	2 - 3:30pm @ Harmood CC
25th Thursday	1 - 2:30pm

June 2023

7th Wednesday	10 - 11:30am
29th Thursday	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](#)

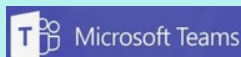


Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

healthandwellbeingteam@camden.gov.uk

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



Some Starting Solids and all Starting Solids Next Steps sessions are taking place online 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.