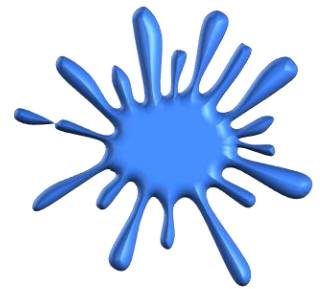


# TASTE FOR LIFE: FIRST FOODS FIRST

For parents and carers with babies from 7 – 12 months

*"The session was held in a friendly, relaxed and non-judgemental manner and I learned lots of useful ideas and information that will help me plan my son's meals."*



**Tuesday Monthly:**

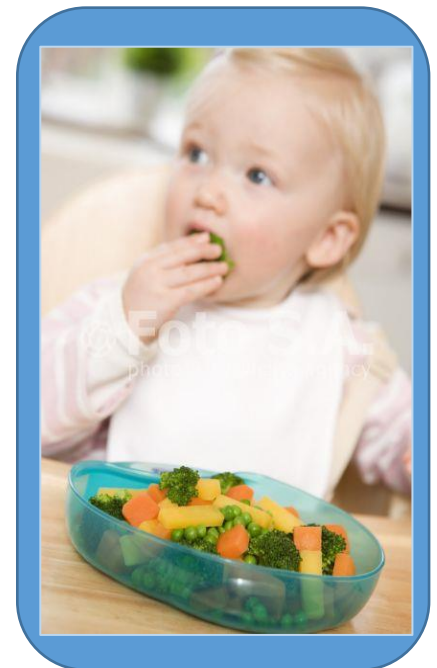
24<sup>th</sup> April, 22<sup>nd</sup> May 2018

**9.30 am – 11.00 am**

**Little Squirrels Children's Centre, CM23 2NL**

**Has your baby started eating solid foods?  
Do you still have questions?  
Come along to our nutritionist led session and get the answers.**

- How and when to reduce milk feeds
- How to adapt family meals for different ages
- Pick up time-saving tips and recipes
- Increase confidence when giving finger foods/lumps
- Let your baby try different foods at each session



**To book a place, please call: 01279 696853**

**Friendly Relaxed Welcoming Supportive**

Registration is essential. For more information on any of our sessions, please refer to our Activity programme on the website or call 01279 696853.



Find us on Facebook & Twitter



[www.stortvalleychildrenscentres.org.uk](http://www.stortvalleychildrenscentres.org.uk)

Hertfordshire Children's Centre programme

[www.hertsdirect.org/childrenscentres](http://www.hertsdirect.org/childrenscentres)

