

Starting Solids Virtual Sessions

Dates and Times:

March 2021

1st (Monday)	2 - 3:30pm
4th (Thursday)	11am - 12:30pm
12th (Friday)	10:30am - 12pm
17th (Wednesday)	10 - 11:30am
23rd (Tuesday)	1-2:30pm

April 2021

1st (Thursday)	11am-12:30pm
9th (Friday)	10:30am-12pm
21st (Wednesday)	10-11:30am
27th (Tuesday)	1-2:30pm

May 2021

6th (Thursday)	11am-12:30pm
14th (Friday)	10:30-12pm
19th (Wednesday)	10-11:30am
25th (Tuesday)	1-2:30pm

June 2021

3rd (Thursday)	11am-12:30pm
7th (Monday)	2-3:30pm
11th (Friday)	10:30am-12pm
16th (Wednesday)	10-11:30am
22nd (Tuesday)	1-2:30pm

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 Virtual Sessions

Dates and Times:

March 2021

3rd (Wednesday)	11am-12:30pm
25th (Thursday)	1-2:30pm

April 2021

13th (Tuesday)	10:30-12pm
19th (Monday)	2 -3:30pm
22nd (Thursday)	1-2:30pm

May 2021

5th (Wednesday)	11am-12:30pm
11th (Tuesday)	1-2:30pm
27th (Thursday)	1-2:30pm

June 2021

8th (Tuesday)	10:30-12pm
21st (Monday)	2-3:30pm
24th (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>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually 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.