

# Starting Solids Sessions

## Dates and Times:

### January 2023

12th	Thursday	10 - 11:30am @ <a href="#">Rhyl Community Primary School</a>
13th	Friday	1 - 2:30pm @ <a href="#">Hampden Children's Centre</a>
18th	Wednesday	10 - 11:30am ONLINE
24th	Tuesday	1 - 2:30pm ONLINE

### February 2023

6th	Monday	2 - 3:30pm @ <a href="#">Harmood Children's Centre</a>
9th	Thursday	10 - 11:30am @ <a href="#">Rhyl Community Primary School</a>
10th	Friday	1 - 2:30pm @ <a href="#">Hampden Children's Centre</a>
15th	Wednesday	10 - 11:30am ONLINE
28th	Tuesday	1 - 2:30pm ONLINE

### March 2023

10th	Friday	1 - 2:30pm @ <a href="#">Hampden Children's Centre</a>
13th	Monday	2 - 3:30pm @ <a href="#">Harmood Children's Centre</a>
15th	Wednesday	10 - 11:30am ONLINE
28th	Tuesday	1 - 2:30pm ONLINE
30th	Thursday	10-11:30am @ <a href="#">Rhyl Community Primary School</a>

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:

### January 2023

11th	Wednesday	10 - 11:30am
26th	Thursday	1 - 2:30pm

### February 2023

1st	Wednesday	10 - 11:30am
23rd	Thursday	1 - 2:30pm

### March 2023

1st	Wednesday	10 - 11:30am
23rd	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](mailto: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.