

Introducing Solids Workshop

Health Visiting Service - St Ives



Introduction

This workshop is designed to provide you with useful information and tips to start weaning your baby. The session will include a guide to:

- recognising the signs of when to start weaning
- understanding your babies feeding needs
- making healthy food choices and portion size
- drinks and dental health.

The workshops will be presented by a member of your health visiting team, for more information or to book your place contact:

St. Ives Team

2nd Monday of the Month - 11am - 12.30pm

St. Ives Children's Centre, Wheatfields Primary School, PE27 3WF

Points to remember - From birth - 6 months

All your baby needs is breast milk or infant formula from birth to around 6 months.

It is normal for a child to wake more frequently in the night at this age. Sometimes a little extra milk will help until they are ready for food.

Under 6 months, babies kidneys and digestive system are not mature enough to cope with a more diverse diet. Early weaning can increase the risk of infections and the development of allergies like eczema and asthma.

Signs your baby is ready for food:

- ability to sit independently
- co-ordinate eyes, hands and mouth to be able to pick up food
- ability to swallow solid foods.

Make a note of questions for your weaning workshop:

For further information about this service contact:

Health Visiting Teams
Oak Tree Centre
1 Oak Drive
Huntingdon
Cambs

Tel: 01480 418653 or 418600.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any concerns about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on Freephone 0800 013 2511 or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.