

Starting Solids schedule April - June 2024



The Department of Health recommends babies start on solid foods when they are around six months old. This free session is for parents of babies 4-6 months 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.

April

5th Friday 1pm - 2:30pm @ Hampden Children's Centre, NW1 1HQ

8th Monday 2pm - 3:30pm @ Harmood Children's Centre, NW1 8DQ

17th Wednesday 10.30am - 12pm ONLINE

25th Thursday 10.30am - 12pm @ Rhyl School, NW5 4AX

29th Monday 10.30am - 12pm @ Kilburn Grange Children's Centre, NW6 2JL

May

15th Wednesday 10.30am - 12pm ONLINE

17th Friday 1pm - 2.30pm @ 1A Children's Centre, EC1R 4SR

21st Tuesday 10.30am - 12pm @ Kilburn Grange Children's Centre, NW6 2JL

28th Tuesday 1pm - 2.30pm @ Regent's Park Children's Centre, NW1 3TJ

June

3rd Monday 2pm - 3:30pm @ Harmood Children's Centre, NW1 8DQ

6th Thursday 10:30am - 12pm @ Agar Children's Centre, NW1 9SU

14th Friday 1pm - 2:30pm @ Hampden Children's Centre, NW1 1HQ

19th Wednesday 10.30am - 12pm ONLINE

24th Monday 10.30am - 12pm @ Kilburn Grange Children's Centre, NW6 2JL

To book a session, contact us on: Healthandwellbeingteam@camden.gov.uk

Telephone: 020 7974 6736



Starting Solids Next Steps schedule April - June 2024



This free session supports parents of babies who have already started solid food and are under 1 year. 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

April

9th Tuesday 10am - 11.30am ONLINE

15th Monday 2pm - 3.30pm Harmood Children's Centre, NW1 8DQ

25th Thursday 1pm - 2.30pm ONLINE

May

13th Monday 2pm - 3.30pm Harmood Children's Centre, NW1 8DQ

30th Thursday 1pm - 2.30pm ONLINE

June

10th Monday 2pm - 3.30pm Harmood Children's Centre, NW1 8DQ

12th Wednesday 10am - 11.30am ONLINE

27th Thursday 1pm - 2.30pm ONLINE



Some Starting Solids and Starting Solids Next Steps sessions are taking place online 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 by phone, no internet required.

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