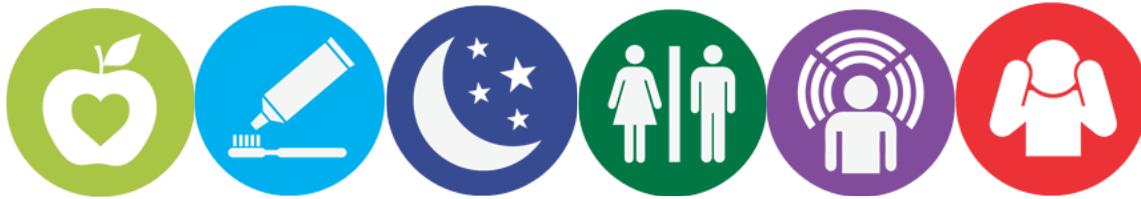


Weaning your Child.



We know that life is not normal at the moment due to Coronavirus; however we recognise that parents/carers still need information to support their child as they grow. We are therefore offering Webinars that will cover all aspects of care for your child commencing with Weaning. The aim is to provide information about foods and how to prepare yourself and child for the next stage of their diet. We know that this can sometimes be a worrying time for both parents/carers as well as an exciting new journey. We want to support you during this transition period whilst giving you information about the best foods and techniques on how to introduce food into your child's diet. We are offering these sessions virtually via Microsoft teams

The workshop will cover:

- **How the health visiting team can support you**
- **The best foods to commence your baby on**

The Sessions will be offered on:

Tuesday 25th May 10-11am

Tuesday 22nd June 10-11am

To book on a session please email CCHBNORTH@bristol-schools.uk. Please include your name email address if different from the one you have used to contact us and a telephone number. The HV service will then send you an email invite to join nearer the date of the session. Please check your junk/spam folder.

Sessions will last approximately one hour and there will be an opportunity to ask questions via the chat box function in Teams. Please note that this is an information only session and is not suitable if you have started weaning and are encountering difficulties. If this is the case please contact your Health Visitor by using the advice line numbers:

South 0300 125 6264

North 0300 125 6278

East & Central 0300 125 6274

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