

January - March 2019

Starting Solid Foods (for babies around 6 months)
& **Nutrition Advice** (for children 1-5 years)

Come along to a session, meet a children's dietitian and learn about starting solid foods, managing difficult mealtimes and healthy eating for your child

<p>Starting Solid Foods The Grove Children's Centre</p> <p>Fridays</p> <p>15th February 8th March</p> <p>Start time: 10:00</p>	<p>Starting Solid Foods Albrighton Community Centre</p> <p>Mondays</p> <p>28th January 25th February 18th March</p> <p>Start time: 14:00 Please book a place by telephone</p>	<p>Starting Solids Foods Crawford Children's Centre</p> <p>Tuesdays</p> <p>15th January 12th February 12th March</p> <p>Start time: 10:00</p>
<p>Starting Solid Foods Dulwich Wood Children's Centre</p> <p>Wednesday</p> <p>23rd January</p> <p>Start time: 13:30</p>	<p>Nutrition Advice The Grove Children's Centre (in toddler group)</p> <p>Tuesdays</p> <p>29th January 26th February 26th March</p> <p>Start time: 13:15</p>	 <p>Starting Solid Foods sessions last 90-120 minutes from start time</p>

- The Grove Children's Centre, Tower Mill Road, Camberwell, SE15 6BP
- Crawford Children's Centre, Crawford Road, Camberwell, SE5 9NF
- Dulwich Wood Children's Centre, Lyall Avenue, Dulwich, SE21 8QS
- Albrighton Community Centre, Albrighton Road SE22 8AH

Telephone 0207 525 2017 for further details or to book for Albrighton