

***April May June 2019***

**Starting Solid Foods (for babies around 6 months)**  
**In this 90 minute talk you will learn about starting solid foods with your baby in a practical and friendly session with an expert dietitian**

<b>The Grove Children's Centre</b>  Fridays April 26 May 24 June 28  <b>10:00</b>	<b>Crawford Children's Centre</b>  Tuesdays May 7 June 4  <b>10:00</b>
<b>Albrighton Community Centre</b> <b>(Please book by telephone)</b>  Mondays April 29 June 17  <b>14:00</b>	<b>Dulwich Wood Children's Centre</b>  Wednesdays May 1  <b>14:00</b>

- 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: **020 7525 2017** for all venue enquiries and to book for Albrighton

### ***Why is it good to wait until 6 months?***

- In the first 6 months, babies can get all the fluid, nutrients and energy they need from breast milk or infant formula
- Around 6 months most babies guts have matured. Their digestive, kidney and immune systems are more ready for solid foods]
- Around 6 months your baby is developmentally ready for solid food
- If you are breastfeeding, feeding only mum's milk up to and around 6 months will give your baby extra protection against illness, infections and reduces the risk of developing allergies. This protection will continue as long as you breastfeed

### ***How do I know if my baby is developmentally ready for solid food?***

