

January-March 2020
Bermondsey & Rotherhithe

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

<p>Ellen Brown Children's Centre</p> <p>Monday 20th January Monday 17th February Monday 16th March</p> <p>Start Time: 1.15pm</p>	<p>Pilgrim's Way Children's Centre</p> <p>Friday 31st January Friday 7th February Friday 6th March</p> <p>Start Time: 10am</p>
<p>Rotherhithe Children's Centre</p> <p>Tuesday 28th January Tuesday 11th February Tuesday 10th March</p> <p>Start Time: 1.15pm</p>	<p>Surrey Docks Health Centre</p> <p>Thursday 23rd January Thursday 13th February Thursday 12th March</p> <p>Start Time: 10am</p>

- Ellen Brown Play Centre, Bermondsey Spa Park, Grange Road, SE1 3EB
- Pilgrim's Way Children's Centre, Manor Grove, Tustin Estate, SE15 1EF
- Rotherhithe Children's Centre, Southwark Park Playroom, Hawkstone Road SE16 2PL
- Surrey Docks Health Centre, 12-13 Blondin Way, Off Downton Road s

January-March 2020
Camberwell and Dulwich

Starting Solid Foods (babies around 6 months)
In this 2 hour talk you will learn about starting and progressing with solid foods with your baby in a practical and friendly session with an expert dietitian

The Grove Children and Family Centre

Fridays
10th January
27th March

Start Time: 10am

Crawford Children and Family Centre

Wednesdays
8th January
5th February

Start Time: 2pm

Dulwich Wood Children and Family Centre

Thursday
27th February

Start Time: 10am

- The Grove Children and Family Centre, Tower Mill Road, Camberwell, SE15 6BP
- Crawford Children and Family Centre, Crawford Road, Camberwell, SE5 9NF
- Dulwich Wood Children and Family Centre, Lyall Avenue, Dulwich, SE21 8QS

Telephone: 020 7525 2017 for all venue enquiries

January-March 2020
Peckham, Peckham Rye and Nunhead

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<p>Ann Bernadt Children's Centre</p> <p>Wednesday 15th January Thursday 20th February</p> <p>Start time: 10am</p>	<p>Ivydale Children's Centre</p> <p>Thursday 26th March</p> <p>Start time: 1.30pm</p>
<p>Leyton Square Children's Centre</p> <p>Monday 3rd February Monday 30th March</p> <p>Start time: 1pm</p>	

Please contact the venue directly for further information

Ann Bernadt Children's Centre
29 Chandler Way, SE15 6DT
Tel: 020 7252 0252

Ivydale Children's Centre
Belwood Road, SE15 3DE
Tel: 020 7639 2702

Leyton Square Children's Centre,
Maismore Street (off Peckham Park Road) SE15 6TP

January-March 2020
Borough, Bankside & Walworth

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1st Place Children's Centre

Tuesday 7th January
Tuesday 4th February
Tuesday 3rd March
Tuesday 31st March

Start Time: 1.30pm

Coin Street Children's Centre

Friday 24th January
Friday 28th February
Friday 13th March

Start Time: 10am

Aylesbury Health Centre

Thursday 6th February

Start Time: 1pm

Please contact the venue directly for further information

- 1st Place Children's Centre (t: 0207 740 8070), Chumleigh Street, Burgess Park SE5 0RN
- Coin Street Children's Centre (0207 021 1600), 108 Stanford Street, SE1 9NH
- Aylesbury Health Centre (t: 0203 049 8700), Taplow House, Thurlow Street, SE17 2UN
- Thurlow Street, SE17 2UN

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?

