

# INTRODUCING YOUR BABY TO SOLID FOODS

PLAN TO ATTEND WHEN YOUR BABY IS 2-4 MONTHS OLD

## TOPICS

- Transitioning to Solid Food
- Feeding Methods & Baby's First Foods
- Infant Nutrition 6-12 Months
- Infant Feeding Challenges
- Introducing Allergens
- Raising a Healthy Happy Eater, from the Start!

**DATE:**

September 4<sup>th</sup>, 2019

**TIME:**

1:30PM-3:30PM

**LOCATION:**

Here-  
60 Gillingham Drive,  
Suite 200

Presented by our Registered Dietitian  
See Receptionist or call (905)-456-7111 to register!

