

Nutrition & Your Baby Virtual Workshop Series



with the Central Brampton Family Health Team



Well-Nourished Pregnancy - Wednesday, Jan 19th, 11:00 am -12:00 pm

The following topics will be covered in more detail: prenatal supplements, food safety, foods to avoid, as well as tips to manage common discomforts of pregnancy (morning sickness, constipation, reflux, etc.). [Click here to register!](#)



Breastfeeding & Nutrition - Wednesday, Jan 26th, 11:00 am -12:00pm

This workshop is open to anyone – new mothers, parents, and family members supporting breastfeeding parents. [Click here to register!](#)

Intro to Solids - Wednesday, Feb 2nd, 11:00 am -12:00 pm

You will learn everything you need to know about introducing solid food to your baby. This workshop is best suited for parents with a baby between 2-6 months old. [Click here to register!](#)



Raising a Happy, Healthy Eater - Wednesday, Feb 9th, 11:00 am -12:00 pm

You will learn about child nutrition and tips to help set healthy eating habits for your toddler. [Click here to register!](#)



**Attend just one or multiple of the sessions
that interest you!**